

ECONOMY COOK BOOK

MARIA McILVAINE GILLMORE

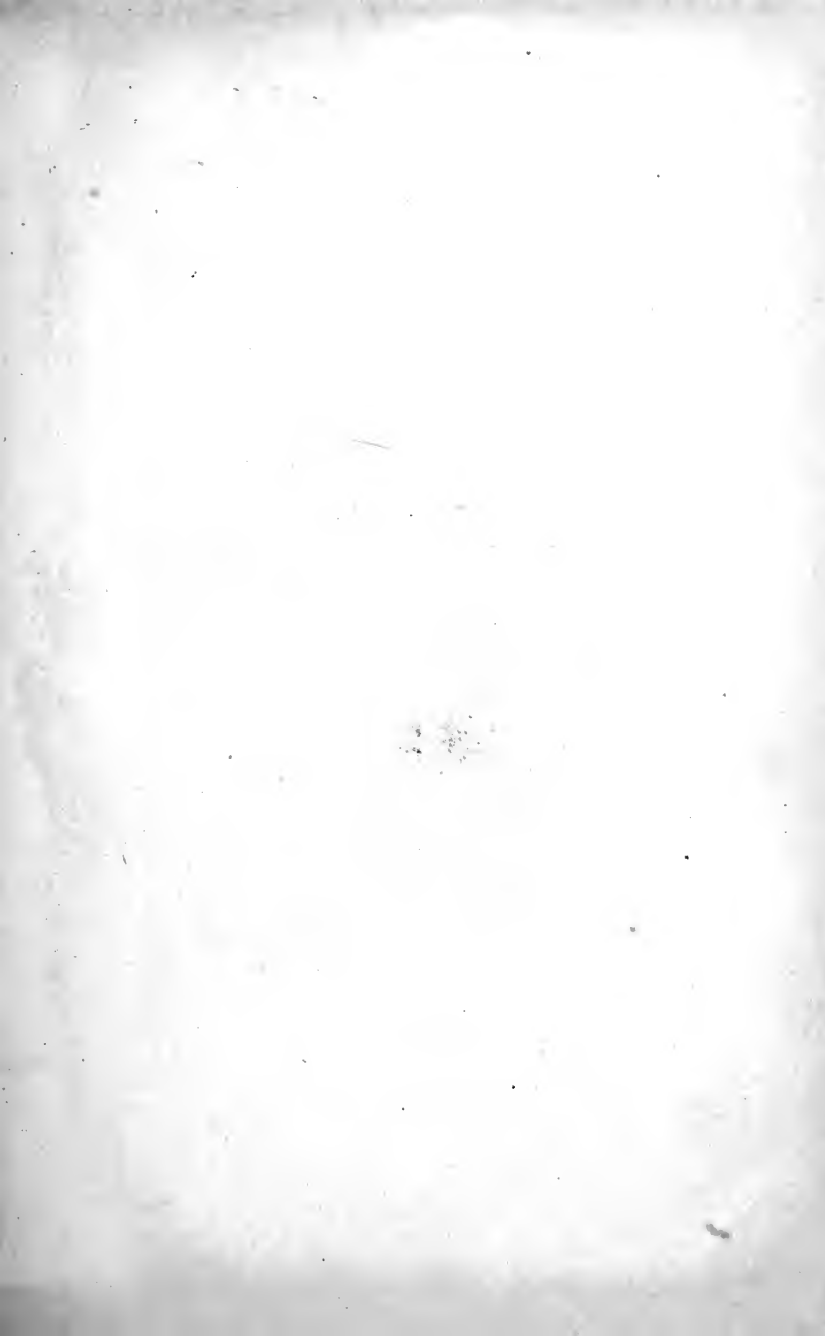


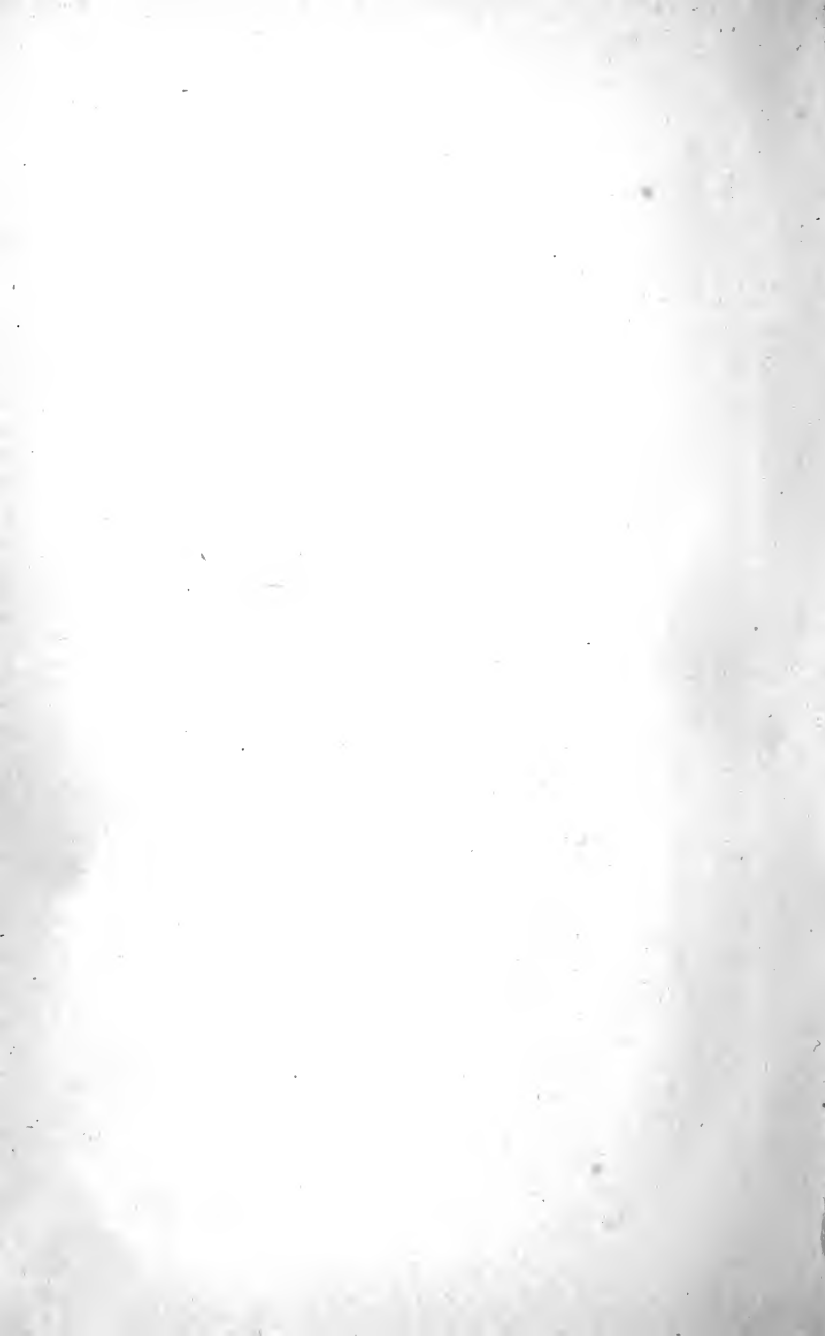
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ECONOMY COOK BOOK



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BY

MARIA McILVAINE GILLMORE

AUTHOR OF "MEATLESS COOKERY"



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TO
MARY STEWART SCHELL
BY WHOSE GENTLE COERCION
THIS BOOK WAS WRITTEN

“We are to-day a nation in arms, and we must fight and farm, mine and manufacture, conserve food and fuel, save and spend, to the one common purpose.”—WOODROW WILSON.

PREFACE

This book is designed to take the place among recipe books that the Ford does among automobiles. It is simple, practical, economical. But back of any recipe book must come intelligent planning of the meals, for at best recipes can only be the method of making foods palatable. Much depends upon arranging menus to promote the greatest degree of growth and health.

In the average family which consists of adults and children both groups must be considered, for upon the proper feeding of its future citizens depends the future power of our Nation. Children require more food of the body-building class than grown people; more food containing protein, as meat, fish, poultry, eggs, and milk, which is most important of all. If fresh milk is not available condensed or evaporated milk should be substituted.

Adults after forty require little meat. Once a day is often more than enough. Much acute indigestion, auto-intoxication, etc., would be avoided by a diet consisting principally of meat substitutes, vegetables, and lighter foods. Of course those who lead a sedentary life require less substantial food and a smaller quantity of it than those who are engaged in muscular occupation.

And with the proper planning should go regularity of serving, the same meals at the same time each day, the lighter meal at night, thorough mastication of the food, a cheerful atmosphere.

An enlightening pamphlet entitled "The Planning of Meals," by Isabel Bevier, is published by the University .

of Illinois at Urbana, Illinois, and may be had for the asking.

Much valuable assistance to me in the preparation of this book is gratefully acknowledged from Miss M. S. Atterbury, Mrs. F. Robert Schell, Mrs. John A. Roebling, Miss Helen C. Cutler, Dr. H. F. Cutler, Mr. M. T. Richardson, Mr. R. L. Watson, Mr. Francis S. McIlvaine, Dr. Charles C. Langworthy, the Home Economic Office of the United States Department of Agriculture, the Massachusetts Agriculture College and Mr. Herbert C. Hoover.

MARIA MCILVAINE GILLMORE.

New York
1918

WAR PREFACE

This book is also planned as a war measure to carry out the desires of the United States Food Administration by presenting recipes for nutritious food without the unnecessary use of wheat, meats, sweets, and fats.

The economy of our food resources has become a patriotic duty and as women cannot go to the firing line, it becomes a patriotic privilege to have the responsibility for this most important trust. Instead of looking afar for some "bit" to do we must turn our eyes to our own households and set them in order. The Government has with serious concern earnestly called upon the Nation to use all practical means of saving food and fuel, leaving to the ingenuity of every housewife the fascinating problem of devising and applying the most successful methods. And it is for the purpose in part of helping to solve the many perplexing questions of the wartime menu that these recipes have been prepared.

In these recipes meats are used in many ways to make a larger dish; vegetable fats such as crisco, butterine, or lard compound used when possible in place of butter and lard; honey or molasses instead of sugar; and sweetening omitted altogether when it is not really needed; corn meal, rye, and bran used instead of wheat flour; corn, peanut, or cottonseed oils instead of olive oil; stale bread turned into crumbs in many dishes.

The menus preceding the recipes are popularly known as "balanced." Meals for each day consist of food containing in approved proportion proteins, carbohydrates, mineral salts, fats, and sugars, following Dr. Langworthy's table of foods. They are arranged to be used

consecutively that the left-over roast chicken of one day may be cooked in casserole the following day, the left-over baked fish made into a soufflé, the left-over corn meal mush fried the second day, etc.

Have the same meals at the same time each day, including Sundays and holidays, and wherever possible the heavy meal in the middle of the day. Do not attempt to eat so much at one meal that the next may be omitted, as for instance, to eat a heavy meal on Sunday and nothing but a piece of cake for the evening meal. The most stalwart digestive organs will rebel against such treatment.

More milk should be used, as it is not merely a drink but a food that contains body-building materials and supplies energy. Specialists of the Department of Agriculture find that milk is better digested when taken with other foods, and may be used to great advantage in cooking in place of water, as in cooking cereals and in soups.

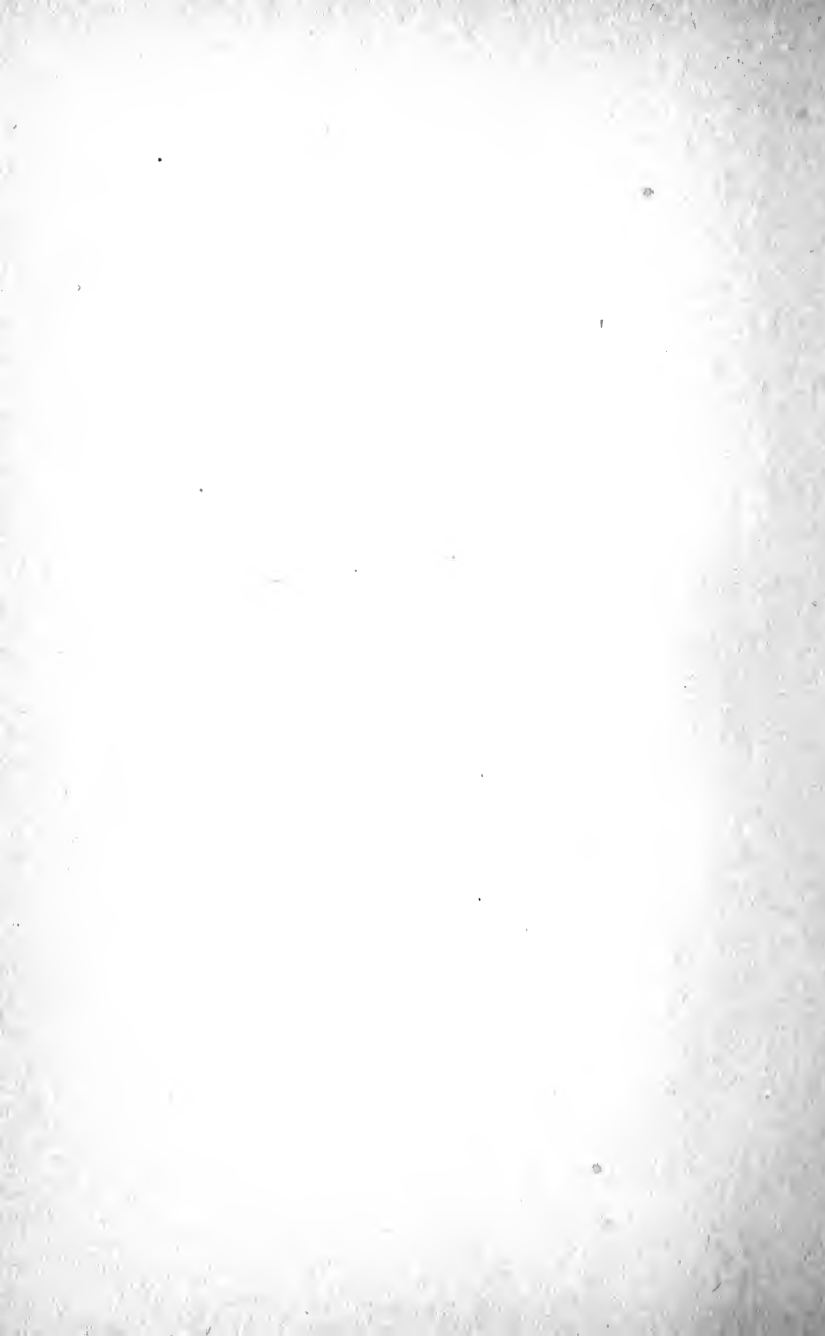
No wines are used in any of the recipes. Since the Government has decided that liquor is harmful for the soldiers it must be equally harmful for civilians who are cast in the same physical mold.

The ante-bellum fashion of leaving something on our plates to show we were not so greedy as to eat everything we could, has in these days come to prove our greed by taking more than we really want. Join the clean plate brigade and try hard to waste *nothing*. Moreover, when we consider the present and past unequal distribution of food in the world we recognize that it is something more than a patriotic duty to provide against waste, and after the war and through the coming years so to conduct our households that it may be possible for all the world to enjoy a fair and generous distribution.

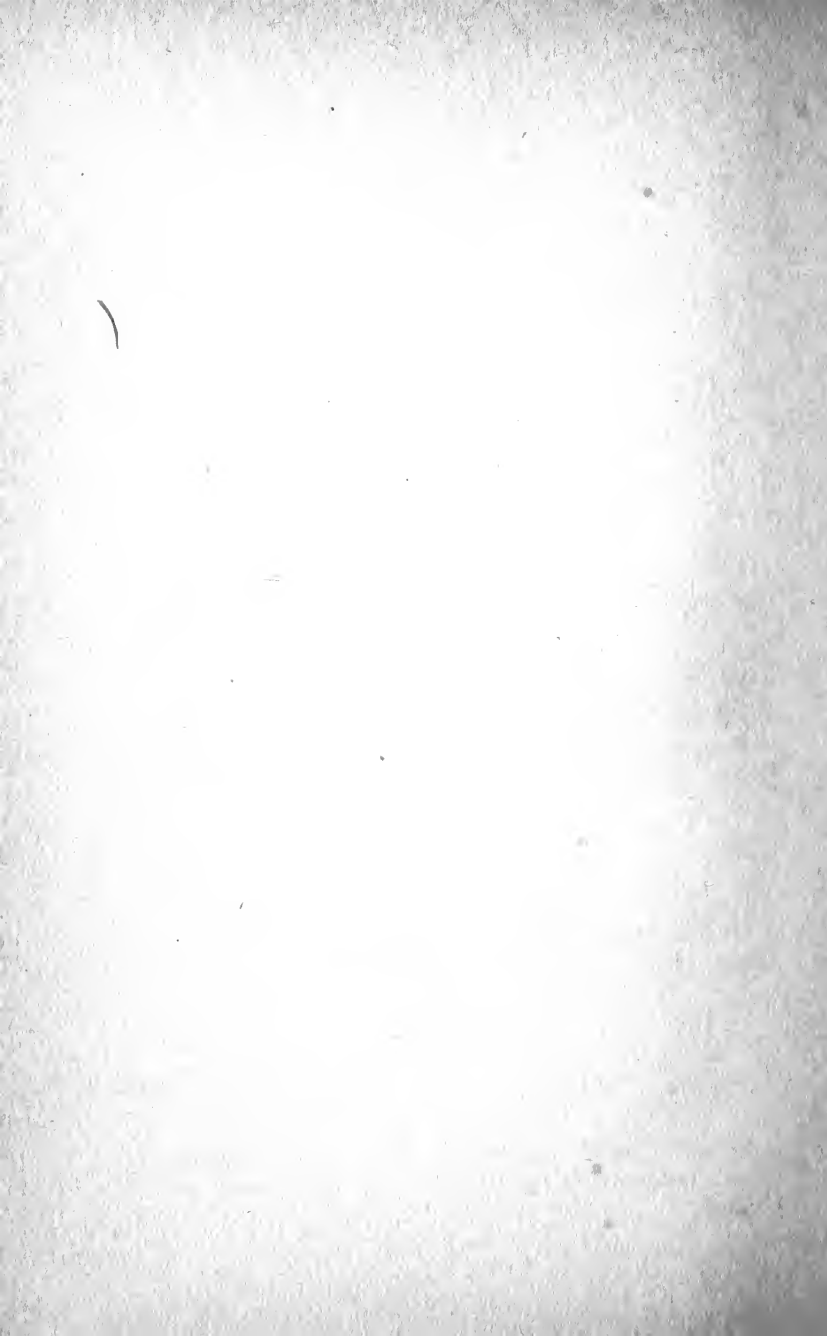
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**FOODS GROUPED ACCORDING TO THEIR
CHARACTERISTICS**



SOME COMMON FOODS GROUPED ACCORDING TO THEIR CHARACTERISTICS

All Five Groups Should Be Represented in the Diet
Every Day

GROUP 1

Foods characterized by protein

Lean meats, poultry, fish, oysters, etc., milk, cheese, eggs, dried legumes, nuts, and other protein-rich foods.

GROUP 2

Foods characterized by starch and similar carbohydrates

Bread, crackers, macaroni, rice, cereal breakfast foods, meals and flours, and other cereal foods.

GROUP 3

Foods characterized by fat

Butter, cream, lard and other culinary fats, salt pork, bacon, chocolate, and other fatty foods.

GROUP 4

Foods characterized by mineral substances and organic acids

Spinach, peas, lettuce, potatoes, turnips, apples, oranges, berries, and other vegetables and fruits, raw or cooked.

GROUP 5

Foods characterized by sugars

Sirup, honey, jellies, dried fruits, candy, and other sweets.

Table prepared by C. F. Langworthy, Chief, Office of Home Economics, States Relation Service, U. S. Department of Agriculture.

MENUS



MENUS

BREAKFAST

Oranges
Hominy
Poached eggs
Bran muffins

DINNER

Clam bisque
Roast chicken
Creamed onions
Sweet potatoes baked with apples
War pudding

TEA

Welsh rabbit
Tomato salad
Rye bread
Baked apples
Crumb gingerbread

BREAKFAST

Grape fruit
Rice flakes
Corn meal fish balls
Toasted war bread

DINNER

Split pea soup
Chicken in casserole
Lima beans
Rice pudding

TEA

Creamed oysters
Potato salad
Graham gems
Honey apples

BREAKFAST

Prunes
Corn meal mush
Baked bananas
Toast

DINNER

Tomato soup
Baked fish
Potatoes au gratin
Spinach
Cream tapioca

TEA

Beauregard eggs
Baking powder biscuits
Pear salad
Cottage cheese with preserves
Nut drop cakes

BREAKFAST

Baked apples
Rolled oats
Swiss eggs
Toast

DINNER

Dried bean soup
Fish soufflé
Celery
Browned potatoes
Baked Indian pudding

TEA

Fried corn meal
Rolled oat wafers
Apple and nut salad
Soft honey cake

BREAKFAST

Stewed apricots
 Corn flakes
 Mock sausage
 Eggless rye muffins

DINNER

Vegetable soup
 Turkish pilaf
 Baked potatoes
 Asparagus
 Caramel junket

TEA

Cheese soufflé
 Lancashire potato cakes
 String bean salad
 Apple sauce

BREAKFAST

Grapes
 Farina
 Scrambled eggs
 Ring muffins

DINNER

Clam chowder
 Bean and cheese roast
 Mashed potatoes
 Scalloped cauliflower
 Fruit macedoine

TEA

Scalloped oysters
 Nut bread
 Asparagus salad
 Corn meal griddle cakes

BREAKFAST

Oranges
 Oat meal
 Boiled eggs
 Toast

DINNER

Lettuce soup
 Macaroni and oyster croquettes
 Creamed brussels sprouts
 Carrots à l'Allemande
 Farina pudding

TEA

Stuffed potatoes
 Cereal muffins
 Tomato jelly salad
 Stewed fruit
 War cake

BREAKFAST

Bananas
 Rice flakes
 Codfish stew
 Date biscuits

DINNER

Oat meal and mushroom soup
 Fricasseed chicken
 Potato balls
 Creamed onions
 Snow pudding

TEA

Creamed clams
 Spoon bread
 Apple and cheese salad
 Morris cake

BREAKFAST

Oranges
Rolled oats
Creamed fish
Buckwheat gems

DINNER

Green pea soup
Spanish Michel
Carrots
Glazed sweet potatoes
Honey pudding

TEA

Eggs with cottage cheese sauce
Hoe cake
Tomato salad
Preserves

BREAKFAST

Apples
Oat meal
Cheese omelet
Toast

DINNER

Potato soup
Hungarian goulash
Savory cauliflower
Spinach
Brown sugar tapioca

TEA

Mock oysters
Johnny cake
Chicken salad

BREAKFAST

Grapes
Pettijohn
Cornbeef hash and poached eggs
One egg rye muffins

DINNER

Mackerel bisque
New England baked beans
Creamed cabbage
Browned potatoes
Apples with rolled oats

TEA

Sardines
Virginia spoon bread
Cow pea salad
Apple sauce

BREAKFAST

Grapefruit
Hominy
Codfish balls
Corn meal muffins

DINNER

Cream of tomato soup
Twelve o'clock pie
Peas
Salsify
Norwegian prune pudding

TEA

Milk toast
Potato rolls
Grape and orange salad
Honey cookies

BREAKFAST

Prunes
Corn flakes
Hamburg steak
Raised biscuit

DINNER

Oat meal soup
Cheese and macaroni loaf
Fried parsnips
Celery
Brown Betty

TEA

Peanut fondue
Boston brown bread
Egg and water cress salad
Pan cakes and syrup

BREAKFAST

Stewed apricots
Farina
Baked bananas
Drop biscuits

DINNER

String bean soup
Chartreuse of meat and rice
Purée of peas
Beets
Sweet potato pudding

TEA

Cheese sandwiches sautéd
Honey bread
Fruit salad
Dom econ cake

BREAKFAST

Bananas
Puffed rice
Poached eggs
Toast

DINNER

Leek soup
Halibut à la poulette
Spinach cutlets
Potatoes with egg
Orange Charlotte

TEA

Hominy fritters
Apple corn bread
Vegetable salad
Soft gingerbread

BREAKFAST

Baked apples
Corn meal mush
Boiled eggs
Parker House rolls

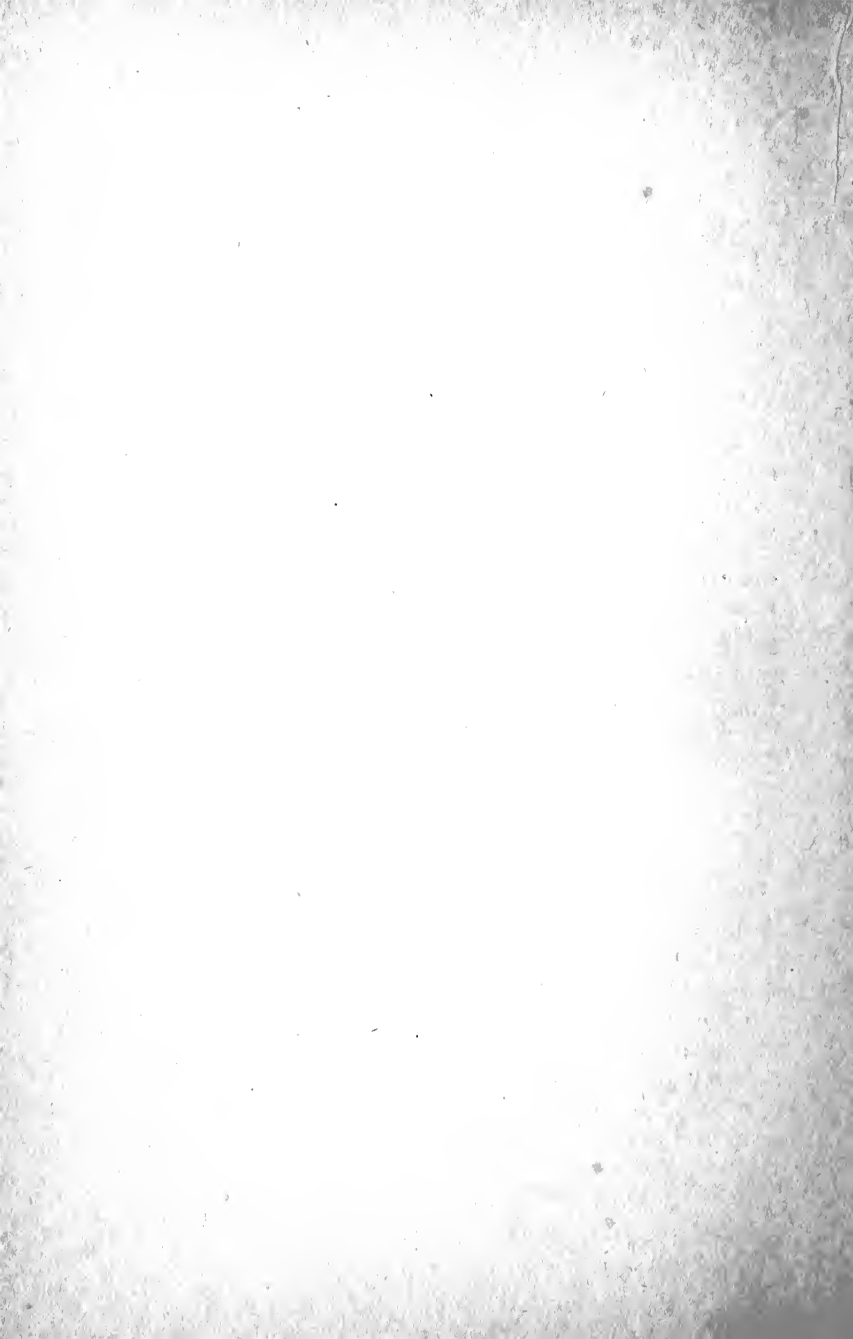
DINNER

Onion chowder
Boston roast
Colcannon
Hashed turnips
Fruit macedoine

TEA

Fried mush
Graham bread with nuts
Shrimp salad
Stewed pears

BREADS



BREADS

War Bread

1¼ cups rye flour	5 cups lukewarm water
3 cups whole wheat flour	1½ tablespoons salt
12 cups white flour	2 yeast cakes

Soften the yeast in 1 cup of lukewarm water. Add the other 4 cups of water. Sift the salt, rye flour, whole wheat flour, and white flour together and add to the liquid. Mix well, turn out on a floured board and knead about 10 minutes. Return to bowl and let rise until double in bulk. Cut down, shape into loaves and let rise in greased pans until doubled again. Bake in a moderate oven about 1 hour. This makes 3 large loaves.

Watson's War Bread

4 cups sifted flour	1 tablespoon sugar
2 cups cooked corn meal or any cooked cereal	1½ teaspoons salt
1 tablespoon fat	2 yeast cakes dissolved in ¼ cup lukewarm water

To prepare the corn meal, mix in the proportion of 1 cup of meal to 4 cups of water and cook in a double boiler 20 minutes. If the cooked corn meal or cereal stands before using, cover with a wet cloth to prevent a crust from forming over it. If the wet cloth is not used and a skin should form, remove it before using in the bread mixture.

Beat the corn meal or cereal with a Dover egg beater

and add the melted fat, sugar, and salt, with the dissolved yeast. Beat in the flour with a wire beater or slot spoon. Knead for 10 minutes in a bowl or on a slightly floured board until elastic and the surface shows tiny blisters. Wet the surface with water, cover, let rise until it doubles in bulk. Knead and shape into loaves. Put into greased pans and let rise again until doubled in bulk. Bake in a moderate oven 45 to 60 minutes. Use no more flour than is required to knead the bread into a firm loaf that will not stick to the mixing board. This makes 2 large loaves. If desired both the sugar and fat may be omitted.

Potato Bread No. 1

12 potatoes	1½ tablespoons salt
9 cups flour	2 yeast cakes
3 tablespoons sugar	4 tablespoons water

Clean thoroughly and boil without paring 12 potatoes of medium size, allowing them to become very soft. Pour off the water, peel and mash the potatoes while hot being careful to leave no lumps. Take 5 solidly packed ½ pint cups of mashed potatoes and when at the temperature of lukewarm water add to them the yeast rubbed smooth with 3 tablespoons of lukewarm water. Rinse the cup in which the yeast was mixed with another tablespoon of water and add to the potatoes. Next add the salt and 1 scant ½ pint of sifted flour. Mix thoroughly. Let this mixture rise until it has become very light, which should take about 2 hours if the sponge is at a temperature of about 86 degrees F. To this well-risen sponge, which will now be found to be very soft, add the remainder of the flour, kneading thoroughly until a smooth and elastic dough has been formed. The dough must be very stiff. Set back to rise until it has trebled in volume, which will require another hour or more. Divide

the dough into 4 parts, mold them separately, and place in greased pans which have been slightly warmed. Allow the loaves to rise until they have doubled in volume and bake 45 minutes in a moderate oven. This makes 4 loaves.

Potato Bread No. 2

12 potatoes	1½ tablespoons salt
9 cups flour	1 yeast cake
4 tablespoons water	

Clean, boil, peel, and mash the potatoes as directed in the preceding receipt. In the evening take 2½ solidly packed ½ pint cups of the cool mashed potato, add to it the salt, a scant ½ pint of flour, and the yeast rubbed smooth with water, reserving 1 spoonful to rinse the cup. In the morning add the remainder of the potato and the rest of the flour. Knead thoroughly until a smooth and very stiff dough is formed. Set away at 80 to 86 degrees F. for about 2 hours or until the dough has trebled in volume. Proceed as in the above receipt. This makes 4 loaves.

Whole Wheat or Graham Bread

1½ cups lukewarm milk	3 cups whole wheat or
3 tablespoons brown sugar	graham flour
1¼ teaspoons salt	½ yeast cake

Scald the milk together with the sugar and salt. When lukewarm add the yeast, mixing it first with a little of the milk. Add the flour, beat well, and let it double its volume. Beat thoroughly, put into a pan and let rise. In a pan of standard size it should come nearly to the top. Putting in the sugar is optional; it is equally good without the sweetening. This makes 1 loaf.

Rye Bread

2 cups milk	2 tablespoons butter or fat
2 tablespoons sugar	6 cups rye flour
1 teaspoon salt	1½ cups white or whole
1 yeast cake	wheat flour
½ cup water	

Scald the milk and pour it over the sugar, butter and salt. When lukewarm add the yeast which has been softened in the ½ cup of water. Add the rye flour, knead in the white or whole wheat flour; cover and let rise until twice its bulk. Shape into loaves, let rise again until doubled and bake about 50 minutes in a moderate oven. This makes 2 loaves.

Oatmeal Bread

2 cups oatmeal	1 cup lukewarm water
2 cups boiling water	3 teaspoons salt
½ cup molasses	1 tablespoon melted fat
1 yeast cake	7 cups bread flour

Scald the oatmeal with the boiling water and let it stand until cold. Soften the yeast in the lukewarm water and add to the first mixture when cool. Add the molasses, salt and melted fat. Stir in the bread flour. Turn on a floured board and knead lightly. Return to bowl and let rise until double in bulk. Cut down, shape into loaves and let rise until again double. Bake in a moderate oven 45 to 60 minutes. This makes 3 loaves.

Bread Crumb Bread

1 cup milk	1 yeast cake
1 cup lukewarm water	1 teaspoon salt
2 cups dry bread crumbs	1 tablespoon butter or fat
2¼ cups wheat flour	

Scald the milk, turn into mixing bowl over salt, and fat. Add ¾ cup water and when lukewarm, the yeast

softened in the rest of the cup of water. Stir and add the bread crumbs. When softened, add 2 cups flour. Knead on a board floured with the $\frac{1}{4}$ cup. Put back in the bowl, let rise until double in bulk. Cut down, form into a loaf and bake in a well-greased pan about 50 minutes in a moderate oven. This makes 1 loaf.

Gluten and Corn Bread

2 $\frac{1}{2}$ cups corn meal	2 tablespoons fat
$\frac{3}{4}$ cup gluten flour	3 teaspoons salt
$\frac{1}{2}$ yeast cake	1 $\frac{1}{2}$ cups boiling water

Pour the corn meal into a dish of boiling water. If yellow corn meal is used heat it a little before pouring it in the boiling water, or mix meal and water and heat in a double boiler. When cool mix with the other ingredients and knead thoroughly. Place in a baking dish and bake when sufficiently risen. This makes 1 loaf.

Buckwheat Bread

2 $\frac{1}{2}$ cups buckwheat flour	1 $\frac{1}{4}$ cups milk
1 $\frac{1}{2}$ cups white flour	$\frac{1}{4}$ cup molasses
$\frac{1}{2}$ yeast cake	2 tablespoons butter or fat
$\frac{1}{2}$ cup water	1 teaspoon salt

Add yeast to warm water and rub smooth. Scald milk and put in mixing bowl with butter and salt. When lukewarm, add molasses and yeast. Beat in the flour slowly and let rise until it doubles in bulk. Beat it down and put in a greased bread pan. Let rise until again double in bulk and bake 1 hour in a moderately hot oven. This makes 1 large loaf.

Rice Bread

1 cup lukewarm water or	1 $\frac{1}{4}$ teaspoons salt
milk or a mixture of	1 tablespoon sugar
the two	1 tablespoon butter, if used
1 cup uncooked rice	$\frac{1}{2}$ yeast cake
2 cups wheat flour	

Steam the rice with $\frac{1}{2}$ the liquid until it is soft. Use a steamer in preference to a double boiler as the rice will soften more readily. Put the sugar, salt, and fat into the mixing bowl and pour over them the remaining liquid. When the mixture has become lukewarm add the yeast and $\frac{1}{2}$ cup flour. Let the sponge rise until it is very light. Add the steamed rice, which should have been cooled to lukewarm, and the rest of the flour. This dough is so thick that it requires some pressure to work in the last of the flour. Let the dough rise until it has doubled its bulk, form into a loaf, place in a pan, let rise again until it nearly reaches the top of the pan, and bake. This makes 1 loaf.

Corn Meal and Wheat Bread

$\frac{3}{4}$ cup milk	1 tablespoon butterine
$\frac{3}{4}$ cup water	1 cup corn meal
$\frac{1}{2}$ yeast cake	2 cups wheat flour
	$1\frac{1}{2}$ teaspoons salt

Pour milk and $\frac{1}{2}$ cup of water over the corn meal, salt, and butterine. Heat gradually to the boiling point or nearly to it, and cook 20 minutes in a double boiler. Cool, add flour, and yeast mixed with the rest of the water. Mold; let rise until it doubles its bulk. Shape in pan, let rise again until it nearly fills the pan, and bake 45 minutes in a moderate oven. This makes 1 loaf.

Rolled Oats Bread

2 cups boiling water	$1\frac{1}{2}$ cups rolled oats
$\frac{1}{2}$ cup brown sugar	5 cups flour
2 teaspoons salt	1 yeast cake
$\frac{1}{4}$ cup lukewarm water	

Dissolve the yeast cake in the lukewarm water. Pour the boiling water over the rolled oats, salt, sugar, and

let stand until lukewarm; add the dissolved yeast and the flour. Let rise until very light, beat thoroughly, and turn into 2 greased pans. When the loaves have doubled their volume, bake them 1 hour in a moderate oven. This makes 2 loaves.

Kafir Corn Bread

2 cups Kafir corn meal	3 teaspoons salt
2 cups water	$\frac{1}{2}$ yeast cake
2 tablespoons sugar	$\frac{1}{4}$ cup lukewarm water
2 tablespoons butter or fat	Wheat flour

Cook the meal, sugar, salt, and water together for 1 hour in a double boiler; add the butter and cool. Stir in the yeast which has been dissolved in the lukewarm water. Add about 1 cup of wheat flour, enough to make a soft dough. Turn on to a floured board and mold thoroughly. Form into a loaf and put in a warm place to rise. When light bake in a moderate oven for 45 minutes. This makes 1 loaf.

Self-Rising Bread

2 tablespoons white corn meal	1 teaspoon salt
1 cup milk	Flour

Scald the milk. Allow it to cool until it is lukewarm, then add the salt and corn meal. Place in a fruit can or heavy crock and surround by water at about 120 degrees F. Water at this temperature is the hottest in which the hand can be held without inconvenience. Let the mixture stand for 6 or 7 hours or until it shows signs of fermentation. If it has fermented sufficiently, the gas can be heard as it escapes. This makes 1 loaf.

If more loaves are needed, add 1 cup water, 1 teaspoon salt, for each additional loaf. Make a soft sponge by adding a cup of flour for each loaf to be made. Beat

thoroughly and put the sponge again at the temperature of about 120 degrees F. When it is very light, add more flour gradually until the dough is so stiff it can be kneaded without sticking to the hands or the board. Knead 10 or 15 minutes, put at once into pans, let rise until about $2\frac{1}{2}$ times its original bulk, and bake.

Potato Rolls

4 potatoes	$\frac{3}{4}$ teaspoon salt
$1\frac{1}{2}$ cups sifted flour	2 tablespoons lukewarm wa-
$\frac{1}{3}$ yeast cake	ter
2 tablespoons butter or fat	

Boil, peel and mash the potatoes as directed for bread making. Add to this the salt, the yeast rubbed smooth and mixed with the lukewarm water, and last 2 table-spoons flour. Set this mixture to rise at about 86 degrees F. and allow it to rise till a touch will cause it to fall. Add to this sponge the butter or fat, and the remainder of the flour, and enough additional flour to make a very stiff dough.

Knead thoroughly until a smooth dough has been formed which is no longer sticky. Set back to rise again, and when the dough has trebled in volume, knead lightly, form into small balls and place not too close together in greased pans. Let rise until double in bulk and bake 20 minutes in a moderate oven. This makes 1 dozen rolls.

Raised Biscuits

Part of the dough prepared for bread can be baked in the form of biscuits. Cut or pull small pieces from the dough and form them in the same way the loaves are formed. Hold the dough in one hand and shape it with the fingers of the other hand. The stroke should be light and from the outside in, in order to stretch the bottom of the dough which will be the top of the biscuit.

The biscuits should be placed some distance apart in the pan and rubbed over with melted fat, butterine, crisco, etc. Let them rise until treble their bulk and bake in a hot oven. They should begin to brown at the end of 5 minutes and should be baked in 20 minutes.

Parker House Rolls No. 1

1 cup milk scalded and cooled to lukewarm tem- perature	2 cups bread flour
1 cake yeast	When sponge is light add $\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup scalded and cooled milk	1 tablespoon sugar
	$\frac{1}{4}$ cup melted fat
	$1\frac{3}{4}$ cups bread flour

Soften the yeast in the $\frac{1}{4}$ cup of milk; add to the 1 cup of milk, stir in the flour with a spoon and beat the mixture until very light and smooth. Cover with a plate and let stand in a temperature of about 70 degrees F. until light and puffy, then add the salt, sugar, melted fat, and flour, and mix to a smooth dough. Turn on a floured board and knead until elastic and the surface shows tiny blisters; cover closely and let stand until doubled in bulk.

Turn on a lightly floured board, crust or upper side down, roll into a $\frac{1}{2}$ inch sheet with the rolling pin, cut into rounds, brush over $\frac{1}{2}$ of each round with melted fat and fold the other half over the first half. Set close together in a greased pan. When doubled in bulk, bake about $\frac{1}{2}$ hour; glaze during the last half of the baking. One-fourth a cake of compressed yeast may be used at night for a loaf of bread and in the morning the rest of the cake for these rolls. This makes 12 rolls.

Parker House Rolls No. 2

2 cups milk	1 teaspoon salt
3 tablespoons fat	1 yeast cake
1 tablespoon sugar	Flour

Put the butter, sugar, and salt in a mixing bowl. Scald the milk and pour it into the bowl. When it is lukewarm, add the yeast, mixing it with a little of the liquid first. Add 3 cups of flour, beat thoroughly, cover, and let rise until it doubles its bulk. Cut down the dough and add the flour gradually until the mixture can be molded without sticking either to the hand or the bowl. Let rise again until about twice its original bulk. Roll on a floured board and cut with a biscuit cutter. Brush the pieces over with fat, crease each piece through the center with a knife and fold it over. Let rise again and bake in a hot oven 15 minutes. This makes 12 rolls.

Brown Bread No. 1

1 cup buckwheat flour	$\frac{3}{4}$ teaspoon soda
1 cup corn meal	1 teaspoon baking powder
1 cup graham flour	1 teaspoon salt
$1\frac{3}{4}$ cups water or milk	$\frac{3}{4}$ cup molasses

Sift and mix the dry ingredients, adding the bran sifted from the graham flour. Add the molasses and water and mix thoroughly. Grease molds and covers thoroughly. Fill $\frac{2}{3}$ full of the mixture, cover tightly and steam 3 hours. This will fill 3 one-pound baking powder tins.

Brown Bread No. 2

1 cup rye flour	$\frac{1}{2}$ teaspoon salt
1 cup corn meal	2 cups sour milk
1 cup white flour	$\frac{1}{2}$ cup molasses
2 teaspoons soda	

Mix the soda with the dry ingredients and sift. Add the milk and molasses. Put in covered greased cans like baking powder tins and steam 2 hours. This makes 6 servings.

Brown Bread No. 3

1 cup yellow corn meal	1 teaspoon salt
2 cups graham flour	1½ teaspoons soda
¾ cup honey	1 tablespoon boiling water
2 cups sour milk	1 cup seeded raisins

Mix together the flour, meal and salt; add the sour milk and the honey and then the soda dissolved in the boiling water, and the raisins. Steam 3 hours in covered receptacles which should be not more than ⅔ full at the beginning of the cooking. This makes enough for 6 servings.

Boston Brown Bread

3 cups rye flour	⅛ teaspoon salt
3 cups corn meal	2 teaspoons soda
1 cup molasses	2 cups hot milk

Mix and sift the rye flour, corn meal, salt, and soda. Mix the hot milk and molasses and add to the dry ingredients. Stir well and fill greased molds ⅔ full. Grease the covers and cover tightly. Steam 3 hours. This makes 5 one-pound baking powder tins.

Buttermilk Brown Bread

1 cup graham flour	1 teaspoon soda
1 cup corn meal	1 teaspoon salt
1 cup rye or wheat flour	½ cup molasses
1 cup buttermilk	

Sift and mix the dry ingredients, adding the bran sifted from the graham flour. Add the molasses and buttermilk and mix well. Turn into greased bread pan and bake in a moderate oven 40 minutes. This makes 1 loaf.

Corn Meal Rolls

1¼ cups white flour	2 tablespoons butterine
¾ cup corn meal	1 egg
3 teaspoons baking powder	⅓ cup milk
1 teaspoon salt	

Mix and sift the dry ingredients and cut in the fat. Beat the egg and add it to the milk. Combine the liquid with the dry ingredients. Shape as Parker House rolls and bake in a hot oven 12 to 15 minutes. This makes 15 rolls.

Corn Meal Gems

$\frac{1}{2}$ cup corn meal	$\frac{1}{2}$ teaspoon salt
1 cup flour	1 egg
$\frac{1}{2}$ teaspoon soda	$\frac{3}{4}$ cup sour milk
1 tablespoon melted fat	

Mix and sift the dry ingredients; add the milk, egg well beaten, and the melted fat. Bake 25 minutes in a hot oven. This makes 6 gems.

Hoe Cake

2 cups corn meal	2 tablespoons fat
2 cups milk	$\frac{1}{2}$ teaspoon salt

Mix the dry ingredients together with the fat. Scald the milk and pour into the meal, stirring constantly. Cook directly over the fire until thickened. Drop by spoonfuls on a greased pan and bake in a hot oven until evenly browned. This makes 12 cakes.

Apple Corn Bread

2 cups white corn meal	$1\frac{2}{3}$ cups milk
1 tablespoon sugar	3 tart apples pared and sliced
$\frac{1}{2}$ teaspoon salt	1 teaspoon soda
1 teaspoon cream of tartar	

Mix the dry ingredients, add milk, and beat thoroughly. Add the apples. Pour into a well-greased pan and bake 30 minutes in a hot oven. This makes 6 servings.

Kafir Corn Gems

1 cup Kafir corn meal	$\frac{3}{4}$ teaspoon salt
$1\frac{1}{2}$ cups buttermilk	1 teaspoon ginger
$1\frac{1}{2}$ tablespoons butter	$\frac{1}{2}$ teaspoon soda

Mix the meal and the buttermilk thoroughly together and cook in a double boiler for $\frac{1}{2}$ hour. While the mush is still warm add the butter. When it is cool add the other ingredients, dissolving the soda in about a tablespoon of water. Bake in gem pans about $\frac{1}{2}$ hour. This makes 8 gems.

Zuñi Indian Bread

1 cup white corn meal	1 teaspoon salt
1 cup yellow corn meal	$\frac{1}{8}$ teaspoon cayenne
1 cup water	1 cup chopped fat

Mix all the ingredients together; form into rolls about 5 inches long, wrap in greased paper and bake in a moderate oven 1 hour. Serve hot. The Indians roll these cakes in corn husks. This makes 6 rolls.

Custard Corn Cake

2 eggs	1 teaspoon salt
$\frac{1}{3}$ cup wheat flour	1 cup sour milk
$1\frac{2}{3}$ cups corn meal	1 cup sweet milk
1 teaspoon soda	2 tablespoons butterine
1 cup cream	

Beat the eggs thoroughly. Sift the flour, soda, and salt together and mix them with the corn meal. Mix all the ingredients but the cream and butterine. Melt the butterine or fat in a deep pan, putting plenty on the sides. Pour in the batter, add the cup of cream but do not stir it into the batter, and bake from 20 to 30 minutes. When cooked there should be a layer of custard on top of the cake or a distribution of small bits of custard through it. This makes 8 servings.

Johnny Cake No. 1

$\frac{3}{4}$ cup corn meal	1 teaspoon soda
$1\frac{1}{4}$ cups flour	1 cup sour milk
$\frac{1}{4}$ cup sugar	1 tablespoon fat
$\frac{1}{2}$ teaspoon salt	1 egg

Mix and sift the dry ingredients; add the milk, egg well beaten, and fat. Bake 30 minutes in a hot oven. This makes 6 servings.

Johnny Cake No. 2

2 cups corn meal	1¾ cups milk
1 cup flour	1 teaspoon salt
2 tablespoons suet or fat	3 teaspoons baking powder

Sift and mix the dry ingredients. Add milk and melted fat; mix thoroughly. Turn into a well-greased pan and bake in a hot oven 30 minutes. A shallow 9 x 9 inch pan is just right for this recipe. This makes 6 servings.

Spoon Bread

2 cups water	1 tablespoon fat
1 cup milk	2 eggs
1 cup white corn meal	2 teaspoons salt

Mix the water and corn meal and bring slowly to the boiling point; cook 5 minutes. Add the eggs well beaten and the other ingredients. Beat thoroughly and bake in a baking dish for 25 minutes in a hot oven. Serve from the same dish with a spoon. This makes 8 servings.

Virginia Spoon Bread

½ cup corn meal	1 egg
1 cup milk	½ teaspoon salt
1 teaspoon baking powder	

Put milk in a sauce pan and let it come to the boiling point. Remove from the fire and stir in the corn meal quickly. When lukewarm, add salt, the egg yolk well beaten, baking powder, and last the stiffly beaten egg white. Put in a hot well-greased baking dish and bake in a quick oven until brown. This makes 4 generous servings.

Sour Milk Corn Bread No. 1

1 pint corn meal	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ teaspoon soda	1 egg
$\frac{1}{4}$ teaspoon baking powder	1 pint sour milk
$1\frac{1}{2}$ tablespoons melted fat	

Beat the egg slightly, add milk, salt, and soda. Stir in the meal. Beat well and add melted fat and baking powder. Bake in a hot greased pan. Cut in squares and serve. This makes 1 cake, 9 x 9 x 1 inches.

Sour Milk Corn Bread No. 2

2 cups corn meal	1 teaspoon salt
2 cups sour milk	2 eggs
2 tablespoons butterine	1 teaspoon soda
1 tablespoon water	

Cook the meal, milk, salt, butterine, in a double boiler for about 10 minutes. When the mixture is cool, add the well-beaten eggs and the soda dissolved in the water. Another method is to take all the dry ingredients including the soda, mix thoroughly and then add the sour milk, eggs well beaten, and the butterine. With this method do not use the cold water. The bread should be baked in a shallow iron or granite pan for 30 minutes. This makes 8 servings.

Eggless Corn Muffins

1 cup corn meal	2 tablespoons melted butter-
$\frac{1}{2}$ cup sifted flour	ine
1 teaspoon salt	2 teaspoons baking powder
1 cup milk	

Mix the dry ingredients and add the milk and melted butterine. Put in greased muffin pan and bake 30 minutes in a moderate oven. This makes 10 muffins.

Corn Pone

1 pint corn meal	1 teaspoon salt
1 pint boiling water	

Pour the boiling water over the corn meal mixed with salt. Cool, shape into cakes 4 to 5 inches long and $1\frac{1}{2}$ inches wide. Cook on a hot greased griddle or in a hot oven about 1 hour until crisp and brown. If baked, a small amount of bacon fat spread on top of each cake adds to the flavor. This makes 10 cakes.

Crisp Corn Meal Cake

$\frac{1}{2}$ cup white corn meal	1 cup milk
$\frac{1}{2}$ teaspoon salt	

Mix the ingredients and heat slowly in a double boiler until the boiling point is reached. It is not necessary to stir. Spread on a shallow greased pan to a depth of about $\frac{1}{4}$ inch; bake in a moderate oven until crisp. This makes 6 servings.

Honey Bread

2 cups honey	2 teaspoons ginger
4 cups rye flour	2 egg yolks
1 teaspoon soda	$\frac{1}{4}$ cup brown sugar
4 teaspoons aniseed	4 teaspoons cardamon seed

Sift the flour with the spices and soda, and add the other ingredients. Put the dough into shallow, greased pans to the depth of about 1 inch and bake in a hot oven. This makes 5 servings.

Lancashire Potato Cakes

3 cups mashed potatoes	4 tablespoons butterine
2 cups flour	1 cup milk
1 teaspoon baking powder	

The potatoes should be quite dry before putting through the potato masher. Rub the flour into the fat, then mix the potatoes and flour together. Stir in the milk and roll out on a well-floured board to $\frac{1}{2}$ inch in thickness. Cut into cakes the size of a breakfast saucer and bake in a quick oven. The cakes may be split and buttered or served plain, but should be very hot. This makes 10 cakes.

Honey and Bran Bread

1 cup white or whole wheat flour	1 cup bran
1 teaspoon soda	$\frac{1}{2}$ cup honey
$\frac{1}{4}$ teaspoon salt	1 cup sour milk
	$\frac{1}{2}$ cup raisins

Sift together the flour, soda, and salt, and add the other ingredients, having first covered the raisins with flour. Steam 3 hours or bake 40 minutes in a slow oven. If the amount of milk is increased by $\frac{1}{2}$, the bread is more delicate and has a somewhat higher food value. This makes 1 loaf.

Bran Bread

4 cups bran	2 cups sour milk
2 cups flour	1 teaspoon salt
1 cup molasses	1 teaspoon soda

Mix the dry ingredients. Add the soda to milk and molasses. Combine mixtures and beat well. Bake in 2 bread pans in a moderate oven for about 1 hour. This makes about 10 servings.

Date Biscuits

2 cups flour	$\frac{1}{2}$ cup dates stoned and quar- tered before measuring
4 teaspoons baking powder	
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon salt
1 tablespoon butterine	

Mix flour, baking powder, and salt. Add fat, cutting it in with a knife, and moisten to a soft dough with the milk. Add dates, turn on a floured board, pat and roll out to $\frac{1}{3}$ inch in thickness. Cut with a cutter, place in a pan and bake in a hot oven for 15 minutes. This makes 14 biscuits.

Nut Bread

1 egg	3 teaspoons baking powder
1 cup milk	1 teaspoon salt
$\frac{1}{2}$ cup sugar	1 cup English walnuts or
3 cups flour	pecan nuts chopped

Sift together the flour, baking powder, salt, and sugar, and add the milk, the egg well beaten, and the nuts. Place in a well-greased pan and let stand one hour. Bake in a moderate oven for 45 minutes. This makes 8 servings.

Sally Lunn

1 quart flour	1 tablespoon butterine
1 tablespoon baking powder	1 quart warm milk
1 egg	$\frac{1}{4}$ teaspoon salt

Sift the flour and baking powder together. Melt the butterine in the warm milk and stir it with the egg beaten light into the flour. If too stiff add more warm milk until it is as light as a cake batter. Bake in a quick oven for 30 minutes. This makes 6 servings.

Quick Buckwheat Biscuits

1 cup buckwheat flour	$\frac{1}{2}$ tablespoon lard
2 teaspoons baking powder	$\frac{1}{2}$ tablespoon butter
$\frac{1}{4}$ teaspoon salt	$\frac{5}{8}$ cup milk

Sift the flour, baking powder, and salt together; cut in the fat; add the milk and drop by tablespoons into greased muffin pans. Bake in a hot oven about 20 minutes. This makes 6 biscuits.

Graham Bread With Nuts

1 cup graham flour	$\frac{1}{2}$ teaspoon salt
1 cup white flour	$\frac{1}{2}$ cup molasses
1 teaspoon soda	1 cup buttermilk
$\frac{1}{2}$ teaspoon baking powder	

Mix and sift the dry ingredients. Add molasses and buttermilk. Add $\frac{3}{4}$ cup of chopped nuts, raisins, and currants and bake in a moderate oven for 40 minutes. This makes 5 servings.

Graham Bread With Honey

1 cup graham flour	$\frac{1}{2}$ teaspoon salt
1 cup bread flour	$\frac{1}{2}$ cup honey
2 teaspoons baking powder	1 cup milk

Mix the dry ingredients and sift them; then add the liquids and beat thoroughly. Pour into a greased pan and bake 1 to $1\frac{1}{4}$ hours in a moderate oven. This makes 6 servings.

Graham Gems

1 cup graham flour	$\frac{7}{8}$ cup milk
1 cup white flour	$\frac{1}{2}$ teaspoon salt
2 tablespoons fat	2 teaspoons baking powder

Sift the salt, graham and white flours, baking powder, together. Return the bran which is removed by sifting, to the mixture, looking it over carefully to remove any foreign substances. Rub the fat into the flour, pour the milk into the flour mixture and stir well. Drop by dessertspoonfuls on an oiled or greased pan and bake in a hot oven about 12 minutes. This makes 12 gems.

Bannocks

4 cups fine oatmeal	2 tablespoons butterine
4 teaspoons baking powder	1 teaspoon salt

Mix the oatmeal and baking powder together, rub in the butterine, and make a stiff dough with water. Roll out as thin as possible and cut into rounds with a tumbler. Grease a frying pan and cook a few at a time, browning on both sides. Serve with butter and syrup. They may also be cooked on a well-heated soapstone griddle and turned with a cake lifter. This makes 12 cakes.

Scotch Oaten Cakes

2 cups fine oatmeal	$\frac{1}{2}$ teaspoon salt
1 cup flour	3 tablespoons butterine
	$\frac{1}{2}$ cup or more water

Sift the flour, oatmeal, and salt together and chop the fat into it. Mix with cold water into a stiff dough. Knead and roll to very thin cakes. Cut into a circle and cut the circle into quarters. Bake in the toasting oven directly under the flame for 8 to 10 minutes until delicately browned on both sides. This makes 12 cakes.

Date Bread

2 cups flour	1 cup dates stoned and cut
2 teaspoons baking powder	in small pieces
$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ cup milk or water
1 egg	$\frac{1}{2}$ teaspoon salt

Mix flour, baking powder, sugar, and salt. Add milk and egg slightly beaten, and the dates. Turn into a greased pan and bake slowly 1 to $1\frac{1}{4}$ hours. This makes 1 loaf.

Cheese Biscuits No. 1

2 cups flour	$\frac{7}{8}$ cup milk
2 tablespoons butterine	$\frac{1}{4}$ teaspoon salt
4 teaspoons baking powder	Grated cheese

With the exception of the cheese, mix all the ingredients as for Baking Powder Biscuits. Roll thin, di-

vide in 2 parts, sprinkle $\frac{1}{2}$ with grated cheese, lay the other $\frac{1}{2}$ of the dough over the sprinkled half, cut out with a small cutter and bake 15 minutes in a moderate oven. This makes 12 biscuits.

Cheese Biscuits No. 2

$\frac{1}{4}$ pound soft cheese or $\frac{1}{2}$ cup cut cheese	4 teaspoons baking powder
2 cups flour	$1\frac{1}{2}$ teaspoons salt
	1 cup water

Mix and sift the dry ingredients, then work in the cheese with a fork and add the water gradually. Toss the dough on a floured board, roll out and cut with a biscuit cutter. Place in a greased pan and bake in a quick oven from 12 to 15 minutes. The biscuits may be sprinkled with cheese before putting in the oven. This makes 12 biscuits.

Buckwheat Gems

1 cup buckwheat flour	1 egg
1 cup wheat flour	1 cup milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup molasses
4 teaspoons baking powder	1 tablespoon butterine

Sift the flour before measuring. Combine the dry ingredients and sift together. Add the egg unbeaten, the milk slowly, and then the molasses and the melted butterine. Put in greased gem pans. Bake 20 to 30 minutes in a moderately hot oven. This makes 12 gems.

Baking Powder Biscuits

2 cups flour	2 tablespoons butterine
4 teaspoons baking powder	$\frac{3}{4}$ cup milk, water, or a mixture of the two
$1\frac{1}{2}$ teaspoon salt	

Mix and sift the dry ingredients. Work in the butterine with a fork. Add the liquid gradually, making a

dough that is of the right consistency to roll out easily. Turn out on a floured board and roll to $\frac{1}{2}$ inch in thickness. Cut with a biscuit cutter, place in a greased pan and let stand 15 minutes before putting in the oven. Bake in a hot oven 15 minutes. An easier way is to add so much liquid that the biscuits can be dropped from a spoon into the baking pan. This makes 12 biscuits.

Drop Biscuits

2 cups white or whole wheat flour	2 tablespoons butterine
$1\frac{1}{2}$ teaspoons salt	$1\frac{1}{2}$ cups sour milk
	$\frac{3}{4}$ level teaspoon soda

Sift the flour with the salt. Rub the lard or other fat into the flour with a fork. Dissolve the soda in a little of the milk and add it with the remainder of the milk to the flour until a mixture is obtained that can be dropped from the end of a spoon. Bake on greased tins in a hot oven until brown. This makes 12 biscuits.

Rolled Oat Wafers

1 cup rolled oats	1 teaspoon salt
1 cup white flour	2 tablespoons butterine
1 cup graham flour	Warm water

Mix the dry ingredients. Work in the fat and add enough water to hold the ingredients together. Place on a floured board and roll as thinly as possible. Shape with a cutter or cut in strips with a sharp knife. Bake on a greased baking sheet in a slow oven until delicately browned. This makes 12 wafers.

Ring Muffins

2 cups flour	$\frac{1}{2}$ teaspoon salt
2 teaspoons baking powder	1 cup milk
2 tablespoons butterine	1 egg

Mix and sift the dry ingredients. Work the butter into the flour mixture. Add the beaten egg and milk. The muffin rings should be greased before the mixture is prepared. Iron rings should be heated, and placed on a heated griddle. Turn with a cake lifter that both sides may be delicately browned. This makes 10 muffins.

Eggless Rye Muffins

2 cups rye flour	1 cup milk
4 teaspoons baking powder	1 tablespoon butterine
$\frac{1}{2}$ teaspoon salt	2 teaspoons sugar

Mix and sift the dry ingredients; add the milk and melted fat. Mix quickly but do not beat. Bake in greased muffin pans 20 minutes in a hot oven. This makes 8 muffins.

One Egg Rye Muffins

1 cup rye flour	$\frac{1}{2}$ teaspoon salt
1 cup wheat flour	2 tablespoons molasses
5 teaspoons baking powder	1 egg
1 cup milk	

Mix the dry ingredients. Beat the egg, add to it the milk and molasses, then stir the liquid into the dry mixture. Do not beat. Place in well-greased muffin tins and bake in a moderate oven 25 to 30 minutes. This makes 12 muffins.

Bran Muffins No. 1

2 cups bran	$\frac{1}{2}$ teaspoon salt
1 cup whole wheat flour	$\frac{1}{4}$ cup molasses
1 teaspoon soda	1 cup water

Mix the dry ingredients. Mix the liquid ingredients. Add the liquid gradually to the dry ingredients. Pour into greased muffin tins. Bake 30 to 40 minutes in a moderate oven. This makes 12 muffins.

Bran Muffins No. 2

1 cup bran	$\frac{1}{2}$ teaspoon salt
1 cup graham flour	1 tablespoon molasses
$\frac{1}{2}$ teaspoon soda	1 cup water

Mix the dry ingredients. Mix the liquid ingredients. Add the liquid gradually to the dry mixture. Pour into greased muffin pans and bake in a moderate oven 30 to 40 minutes. This makes 12 muffins.

Cereal Muffins

1 cup cooked cereal	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk
4 teaspoons baking powder	1 egg
2 tablespoons butterine	

Mix the flour, baking powder, salt, and sift them. Add the egg well beaten and $\frac{1}{2}$ the milk. Mix the remainder of the milk with the cereal and beat in thoroughly. Then add the melted butterine. Bake in greased muffin pans about 30 minutes in a moderate oven. This makes 12 muffins.

Pan Cakes

1 cup crumbs	4 teaspoons baking powder
$2\frac{1}{4}$ cups milk	1 teaspoon salt
$\frac{1}{2}$ cup flour	1 tablespoon butterine
	1 egg

Soak the crumbs in the milk for $\frac{3}{4}$ of an hour, then add the other ingredients and cook on a hot griddle like ordinary griddle cakes. If sour milk is substituted use $\frac{1}{2}$ teaspoon of soda for the 4 teaspoons of baking powder. This makes 10 cakes.

Corn Meal Griddle Cakes

2 cups flour	$\frac{1}{2}$ teaspoon salt
1 cup corn meal	2 tablespoons butterine
2 teaspoons baking powder	2 eggs
$1\frac{1}{2}$ cups milk	

Mix and sift the dry ingredients; add the milk and beaten eggs gradually. Melt the butterine and add it last. Cook on a greased griddle, or on a hot soapstone griddle which does not require greasing. This makes 10 cakes.

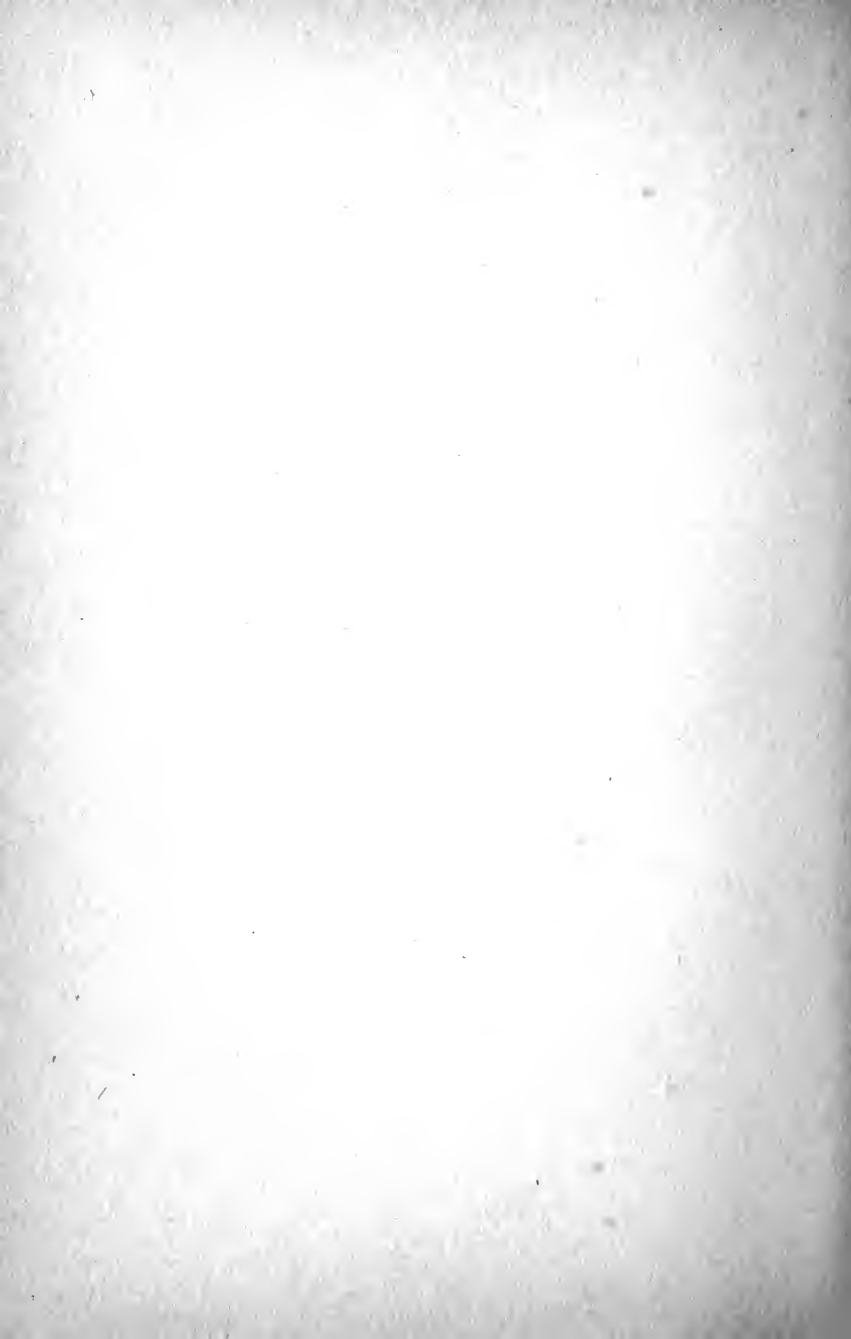
Waffles

1 pint flour	2 tablespoons butterine
3 eggs	2 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{2}$ cups milk

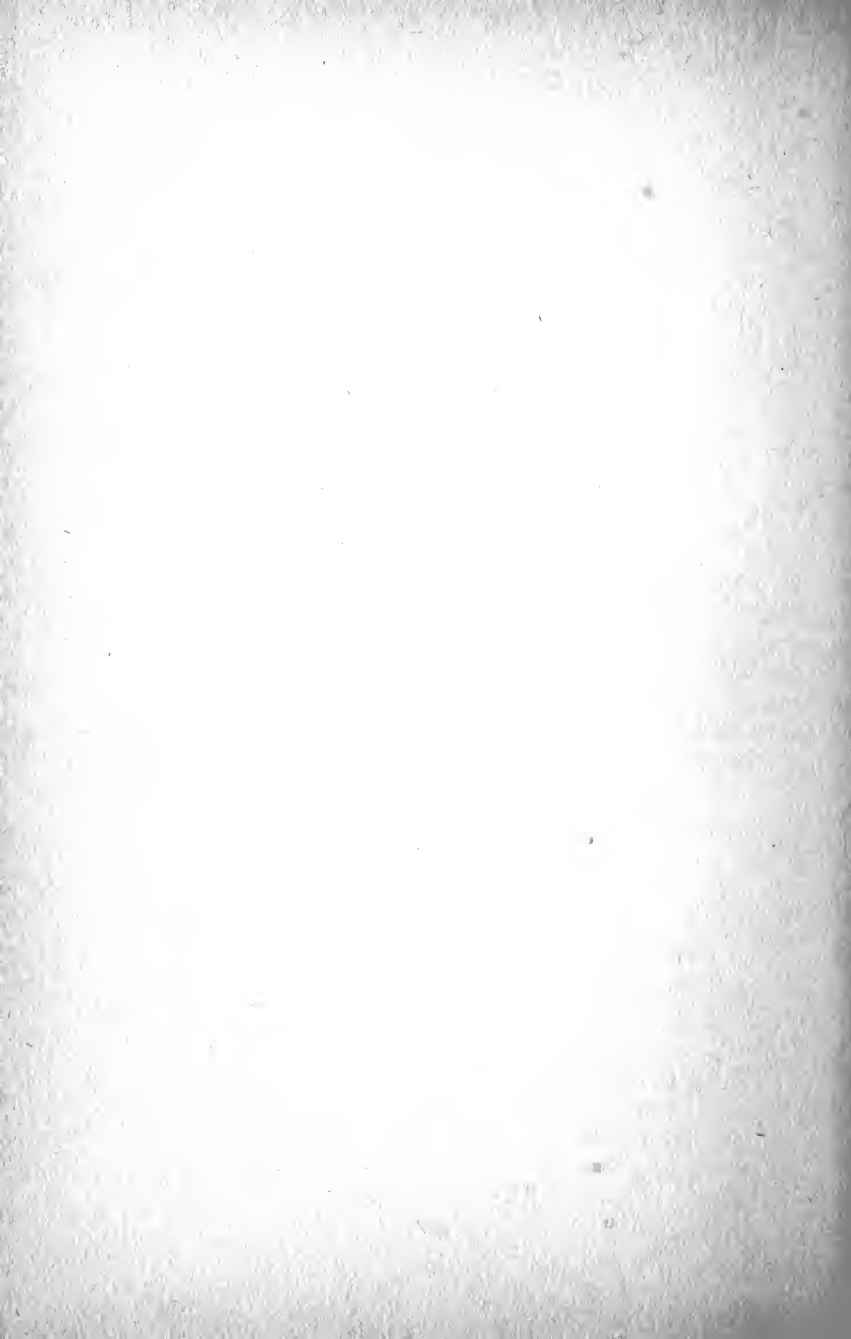
Mix and sift the dry ingredients, cut in the butterine, separate the eggs and add the milk to the beaten yolks. Add this mixture to the dry ingredients and fold in the beaten white of egg. If the batter is too stiff more milk may be added. This makes 10 waffles.

Syrup

Dissolve maple, white, or brown sugar in an equal quantity of hot water. When it begins to boil, skim carefully and cool before using. White sugar may be flavored with spice or fruit juices.



SOUPS



SOUPS

Soup With Meat Stock

4 pounds soup bone	2 carrots
6 quarts water	3 stalks celery
2 onions	3 sprigs parsley
2 bay leaves	1 tablespoon salt
10 peppercorns	

Put the soup bone in the soup pot with the water. Bring to the boiling point, then push to the back of the stove and let simmer for 5 hours. Skim off the grease from time to time that rises to the surface, being careful that when the cooking is finished no grease remains. At the end of 5 hours add the vegetables and seasoning and cook for 1 hour more. Strain and season to taste. This makes 8 servings. This stock may be kept a few days in cold weather, adding more vegetables and boiling down each time it is used.

Chicken Soup

1 chicken or bones left from	1 cup rice
roasted chickens	1 slice onion
2 quarts water	2 stalks celery
1 tablespoon flour	1 tablespoon chopped parsley
1 tablespoon butter or fat	

Put the chicken in the saucepan with the water and let simmer for 2 hours. Then add the rice, celery, onion, parsley, and simmer 1 hour longer. Add more water if necessary. Strain, and return to the fire. Rub the flour and butter or fat together and add to the soup.

Cook 10 minutes longer or until the soup is the desired consistency. Season with salt and pepper. A tablespoon of the cooked rice may be added to each serving. This makes 6 servings.

Cream of Chicken Soup

Chicken stock or the thick gravy left from fricasseed chicken may be combined with milk or with thin cream to make a delicious soup. This soup should be only slightly thickened, and the seasoning should be very delicate. Chicken stock strongly flavored with herbs from the dressing is not suitable for use in a cream soup.

Mutton Broth

3 pounds	mutton	from the	2 quarts cold water
neck			3 tablespoons rice or barley
		1 teaspoon	salt

Wipe the meat, remove the skin and fat, cut the meat in small pieces. Put the bones and cut meat into the kettle and cover with water. Heat gradually to the boiling point and season with salt and pepper. Cook slowly until the meat is tender, strain, and remove the fat. Reheat to boiling point, add the rice or barley, and cook until the rice or barley is tender. If barley is used, soak it over night in cold water. This makes 8 servings.

Mutton Soup

4 pounds	mutton	from the	1 stalk celery
neck			1 medium sized onion
3 quarts	cold water		6 cloves
3 carrots			1 sprig thyme
2 turnips			1 sprig marjoram
1 small cabbage			2 tablespoons salt
		Few sprigs	parsley

Wipe the meat carefully, cut in small pieces, and cover with water. Bring very slowly to the boiling point and

skim. Add the vegetables cut into small pieces, and other seasoning, and cook slowly 3 hours. Strain, cool, and remove the fat. Reheat and serve clear, or with cooked rice, or the vegetables finely chopped. This makes 10 servings.

Mackerel or Salmon Bisque

$\frac{1}{2}$ cup cold flaked fish	2 tablespoons flour
1 quart milk	Bay leaf
3 slices onion	Celery salt
2 tablespoons butter or other fat	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Heat the fish, milk, and seasonings together slowly, then pass through a fine sieve. Return to the fire and bind with butter or other fat, and flour which has been rubbed together. Cook 15 to 20 minutes to improve the flavor. This makes 6 servings.

Clam Bouillon

$\frac{1}{2}$ peck clams	3 cups cold water
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Wash and scrub the clam shells with a brush, changing the water several times. Put them in a kettle with the cold water, cover tightly, and steam until the shells are well opened. Strain the liquor, season, cool, and serve with whipped cream. If served hot add a tablespoon of thin cream to each cup of bouillon. This makes 6 servings.

Clam Bisque

25 clams	2 tablespoons butter
1 quart milk	2 tablespoons flour
1 teaspoon chopped onion	1 teaspoon salt
$\frac{1}{2}$ teaspoon pepper or paprika	

Cook the clams 5 minutes in their own liquor. Remove from the fire and chop fine. Scald the milk in a double

boiler. Rub the flour and fat together and add with the onion and seasoning to the milk. Cook 20 minutes. When ready to serve, add the chopped clams to the soup and stir thoroughly. This makes 6 servings.

Oyster Bisque

25 oysters	1 tablespoon flour
1 quart milk	1 tablespoon butter or fat
1 cup oyster juice	Salt and pepper

Scald the milk in a double boiler. Rub the flour and butter together, and add with the strained oyster juice and seasoning to the milk. Cook 20 minutes. Add the oysters and cook until the edges begin to curl. Cooking any longer toughens them. A cup of cream added to the soup just before it leaves the fire makes the soup richer. This makes 6 servings.

Oatmeal Soup

2 cups cooked oatmeal	1 slice onion
3 cups boiling water	1 teaspoon salt
2 cups milk	$\frac{1}{2}$ teaspoon pepper
3 tablespoons butter or fat	1 teaspoon grated lemon rind

Simmer oatmeal and boiling water together until changed almost to a jelly and reduced to about 3 cups. This requires from 1 to 2 hours. Strain through a fine sieve, stir in gradually the cold milk, and heat slowly with the onion, salt, pepper, and fat. Add a little nutmeg if desired, and the grated lemon rind, with more salt if required. This makes 6 servings. If too thick add hot milk.

Cheese Soup

$\frac{3}{4}$ cup grated cheese	Few drops onion juice
1 quart thin white sauce	Cayenne pepper or
Tabasco sauce	

Make the sauce of flour, butter, and milk—amounting to 1 quart—in a double boiler. Remove and cool. Stir the cheese gradually into the sauce. The amount of cheese will vary with the individual taste. Return to double boiler; season with onion juice and add cayenne, 3 drops tabasco sauce, and salt. As soon as the cheese has melted, strain and serve with croûtons. If the soup should curdle, bind it with a slightly beaten egg. This makes 6 servings.

Cheese and Milk Soup

3 cups milk or part milk and	1 cup grated cheese
part stock	1½ tablespoons flour
Salt and paprika	

Thicken the milk with the flour, cooking thoroughly. This is best done in a double boiler, stirring frequently. When ready to serve, add the cheese and the seasoning. This makes 5 servings.

Cheese and Vegetable Soup

2 cups stock	2 tablespoons butter or fat
2 tablespoons chopped carrots	2 tablespoons flour
	1½ teaspoons salt
1 tablespoon chopped onion	1 cup scalded milk
¼ cup grated cheese	

Cook the vegetables a short time in ½ the fat; add the stock and boil 15 to 20 minutes. Strain and add the milk. Thicken with flour cooked in the remaining butter or fat. Just before serving stir in the cheese and cook until it is melted. If necessary thin with hot milk. This makes 5 servings.

Oatmeal and Mushroom Soup

½ cup oatmeal	1 onion
½ cup chopped mushrooms	1 teaspoon salt
2 tablespoons butter or fat	1 quart water
1 pint milk	

Peel and chop the onion. Place in a double boiler with the butter and cook from 15 to 20 minutes. Then add the oatmeal and a quart of boiling water. Cook directly over the flame for about 10 minutes. Then place in the double boiler and cook from 2 to 3 hours. Rub through a colander and add the milk. When thoroughly heated, add the chopped mushrooms and salt, and cook a few minutes. This makes 6 servings.

Chestnut Soup

2 cups mashed chestnuts	1 tablespoon butter or fat
1 quart milk	1 tablespoon flour
1 tablespoon minced onion	1 teaspoon salt

Prepare the chestnuts by cooking in boiling water for 10 minutes. Strain off the water and with a sharp knife remove both skins. Then mash through a colander. Make a sauce of the butter, flour, milk, and onion. Cook 20 minutes. Add the mashed chestnuts and salt and heat thoroughly. This makes 6 servings.

Macaroni Soup

1 cup macaroni broken in inch lengths	1 quart milk
1 onion chopped	1 teaspoon salt
1 tablespoon butter or other fat	$\frac{1}{2}$ teaspoon pepper

Cook the onion in the butter being careful not to brown it. Put the milk, macaroni, onion, and seasoning in a double boiler and cook one hour. Add more hot milk if necessary to make the soup the proper consistency. This makes 6 servings.

Vegetable and Milk Soup No. 1

1 quart skim milk	A few celery tips
1 slice stale bread	A thin slice onion
6 large lettuce leaves	Salt and pepper

Chop the vegetables finely. A convenient way, particularly if the soup is being made in large quantities, is to use a food grinder and to put the bread through it with the vegetables to catch the juice. Cook the finely chopped vegetables and the bread in the milk in a double boiler for about 20 minutes. Add the seasoning. This makes 8 servings.

Vegetable and Milk Soup No. 2

1 quart milk	1 pint of thoroughly cooked
1 tablespoon flour	vegetables, chopped,
1 tablespoon butter or fat	mashed, or put through a
Salt and pepper	sieve

Thicken the milk with the flour, cook in a double boiler 20 minutes, add the seasoning, butter, and vegetables. Heat and serve. The vegetables may be asparagus, peas, beans, celery, potatoes, turnips, carrots, spinach, beets, kale, parsnips, lettuce, cress, or cauliflower. This makes 6 servings.

Herb Soup

$\frac{1}{2}$ pint finely shredded spinach	3 teaspoons salt
$\frac{1}{4}$ pint shredded sorrel	4 tablespoons fat
$\frac{1}{4}$ pint blanched sliced leek	1 tablespoon chervil
Heart of a head of lettuce	2 quarts boiling water
4 medium sized potatoes	$\frac{1}{2}$ pint bread cut in dice and browned in the oven

Have the sorrel, spinach, and lettuce fresh, tender and free from tough midribs. Wash and shred. Cut the washed leek into thin slices. Put in the stewpan with the fat and cook 15 minutes, being careful not to brown. Add the potatoes, salt, and boiling water. Place the stewpan where the contents will boil quickly, and when the soup begins to boil draw the stewpan back where the contents will boil gently for 1 hour. At the end of that time crush the potatoes with a fork, add the chervil, and

simmer 5 minutes longer. Serve with a tablespoon of the browned bread in each plate. If preferred, the soup may be rubbed through a purée sieve, returned to the fire, and when boiling hot be poured on the yolks of 2 eggs which have been beaten with 2 tablespoons of milk. This makes 10 servings.

Potato Soup No. 1

8 medium sized potatoes	1½ teaspoons salt
½ pint chopped celery	½ teaspoon pepper
4 tablespoons minced onion	1 teaspoon minced chervil
1 tablespoon butter or fat	or parsley
1 tablespoon flour	1 quart milk

Pare the potatoes and put in a stewpan with the celery and onion. Cover with boiling water and put over a hot fire. Cook 30 minutes, counting from the time the pan is put on the fire. Reserve ½ cup of the cold milk and heat the balance in a double boiler. Mix the flour with the cold milk and stir into the boiling milk. When the potatoes, etc., have been cooking 30 minutes, pour off the water, saving it to use later. Mash and beat the vegetables until light and fine, then gradually beat in the water in which they were cooked, rub through the purée sieve and put back on the fire. Add the salt and pepper. Beat with an egg whisk for 3 minutes, then gradually beat in the boiling milk. Add the butter or other fat and minced herbs. This makes 10 servings.

Potato Soup No. 2

4 medium sized potatoes	2 tablespoons flour
1 thinly sliced onion	1 pint hot milk
1 quart water	1 teaspoon or more salt
2 tablespoons drippings	⅓ teaspoon pepper
1 teaspoon chopped parsley	

Cook potatoes, washed, pared, and sliced, with the onion in water until the potatoes are soft. Rub through

a strainer without draining from the water. Mix the fat and flour and add to the potato water. Cook 1 minute. Add hot milk and seasonings. This makes 8 servings.

Cream of Potato Soup

3 potatoes or	1 tablespoon chopped pars-
1½ cups mashed potatoes	ley
1 cup cold water in which	1½ tablespoons flour
potatoes were cooked	2 slices onion
1 quart milk	1 teaspoon salt
3 tablespoons butter or fat	Bay leaf and pepper

Peel potatoes, cut them in small pieces, and cook till very soft in a small quantity of boiling salted water. Drain and mash; use 1 cup of the potato water for the soup. Scald milk with onion and bay leaf, remove these seasonings and add the hot mashed potato and the potato water. Bind with the butter or whatever fat is used, and the flour rubbed together, and season. Strain if necessary and sprinkle in the chopped parsley just before serving. This makes 6 servings.

Asparagus Soup

1½ cups asparagus tips	2 egg yolks
1 quart chicken or beef	2 tablespoons cream
stock	1 teaspoon salt
½ teaspoon pepper	

Drain the asparagus tips from their liquor. Cover with cold water, and bring to the boiling point, then drain. Add asparagus to the stock and let simmer 10 minutes. Rub through a sieve, reheat, add egg yolks, cream and seasonings. This makes 6 servings.

Lettuce Soup

1 head lettuce	1 large slice stale bread
1 slice onion	1 tablespoon butter or fat
2 quarts skim milk	Salt and pepper

Put the lettuce and onion through the meat chopper with the bread to save the juice. Put into a double boiler with the skim milk and cook until the lettuce is soft. Add the butter or fat and the seasoning. This makes 6 servings.

Tomato Soup

1 quart skinned and finely cut tomatoes	2 teaspoons salt
1 quart cold water	$\frac{1}{2}$ teaspoon pepper
1 onion	2 tablespoons butter or fat
1 tablespoon sugar	4 tablespoons corn starch
	1 tablespoon flour
	$\frac{1}{4}$ teaspoon soda

Mix the corn starch with the water and put into a stewpan with all the other ingredients, except the butter and flour, the onion being left whole. Stir frequently until the soup boils, then cook $\frac{1}{2}$ hour, counting from the time it begins to boil. At the end of this time beat the butter or other fat, and the flour together until light and smooth, and stir into the soup. Cook 10 minutes longer, then take out the onion and serve the soup with toasted or fried bread cut in dice. If a smooth soup is desired strain through a fine sieve. This soup may be varied by the addition of cooked rice, macaroni, beans, peas and other vegetables. This makes 10 servings.

Cream of Tomato Soup

1 can tomatoes	$\frac{1}{3}$ cup flour
$\frac{1}{4}$ teaspoon soda	2 teaspoons salt
$\frac{1}{3}$ cup butter or fat	$\frac{1}{2}$ teaspoon white pepper
	1 quart milk

Cover and stew the tomatoes slowly $\frac{1}{2}$ hour, rub through a strainer, and add the soda while hot; make a white sauce of the flour and fat rubbed together and cooked with the milk in a double boiler. Add the strained tomatoes and seasoning. This makes 6 servings.

Okra and Tomato Soup

1 pint sliced okra	3 tablespoons minced onion
1½ pints tomatoes skinned and cut fine	1 green pepper cut fine
2 quarts water	3 teaspoons salt
3 tablespoons rice	¼ teaspoon pepper
	Paprika

Put all the ingredients into the soup pot and cook gently for 2 hours, then add 2 tablespoons of butter or sweet drippings and serve. The bones from roast meat or broiled meat, cooked with this soup, add to the flavor. This makes 12 servings.

Vegetable Soup No. 1

3 quarts water	2 tomatoes
1 quart shredded cabbage	2 tablespoons minced celery
1 pint sliced potato	2 tablespoons green pepper
½ pint minced carrot	2 tablespoons butter or fat
½ pint minced turnip	3 teaspoons salt
½ pint minced onion	½ teaspoon pepper
	1 leek

Have the water boiling hard in a stewpan and add all the vegetables except the potatoes and tomatoes. Boil rapidly for 10 minutes, then draw back where it will boil gently for 1 hour. At the end of this time add the other ingredients and cook 1 hour longer. Have the cover partially off the stewpan during the entire cooking. This soup may be varied by using different kinds of vegetables. This makes 12 servings.

Vegetable Soup No. 2

2 turnips	6 tomatoes or
2 potatoes	1 pint can tomatoes
1 onion	2 sprigs parsley
6 stalks celery	1½ teaspoons salt
2 carrots	¼ teaspoon pepper
1 quart water	2 tablespoons rice

Wash and pare the vegetables and put them through the meat chopper, using the finest blade. Combine all the ingredients and cook until vegetables and rice are soft—about 1 hour. This makes 6 servings.

Sorrel Soup

3 pints boiling water	1 teaspoon salt
$\frac{1}{3}$ cup shredded sorrel	2 egg yolks
3 tablespoons butter or fat	$\frac{1}{2}$ cup bread cut in dice and
3 tablespoons milk	browned in the oven

Tear the tender green parts from the midribs of the cultivated sorrel; wash in cold water and shred very fine. Put $\frac{1}{2}$ the fat in a stewpan and add the shredded sorrel. Place on the fire and cook 5 minutes, stirring frequently. Now add the boiling water and salt, and boil 10 minutes. Beat the yolks of the eggs well, then add the milk and pour into the soup and add the remaining part of the fat cut into bits. Mix well and serve with the diced bread. This makes 8 servings.

Leek Soup

3 quarts boiling water	$\frac{1}{2}$ teaspoon pepper
2 cups leeks finely cut	4 slices stale bread diced
4 cups potatoes cut in dice	4 tablespoons minced onion
2 tablespoons butter or fat	3 teaspoons salt

Wash the leeks and cut off the roots. Cut the white part in thin slices. Pare the potatoes and cut in dice. Put them in a bowl of cold water to keep from becoming discolored. Put the fat, leeks, and onion in the soup pot and on the fire. Cook slowly 20 minutes, stirring frequently, then add the hot water, potatoes, and seasoning, and cook $\frac{1}{2}$ hour longer. Serve very hot and put a tablespoon of diced bread in each plate. This makes 10 servings.

Cream of Leek Soup

Make this soup as directed for leek soup, using only 3 pints of water. When it is cooked, rub through a sieve, return to the fire and add 1 quart of hot milk. Beat with a whisk until smooth. Reserve $\frac{1}{2}$ cup of cold milk and add to 2 well-beaten egg yolks. Stir this into the soup just as it is taken from the fire. This makes 8 servings.

Cream of Celeriac Soup

1 quart celeriac cut in cubes	2 tablespoons butter or fat
1 quart white stock	1 teaspoon salt
1 pint cream	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ pint canned peas	2 egg yolks

Follow the rule for Purée of Celeriac, gradually adding the hot white stock, rub through a fine sieve, return to the fire and add a cup of canned peas. Reserve 1 cup of the cream cold and add the remaining cream to the soup. Beat the egg yolks well and add the cold cream to them, then stir the mixture into the soup. Draw back from the fire and beat with the whisk for 1 minute, then serve at once. This makes 10 servings.

Green Pea Soup

1 quart shelled peas	2 tablespoons butter or fat
3 pints water	1 tablespoon flour
1 quart milk	3 level teaspoons salt
1 onion	$\frac{1}{2}$ teaspoon pepper

Put the peas in a stewpan with the boiling water and onion, and cook until tender, which will be about $\frac{1}{2}$ hour. Pour off the water, saving for use later. Mash the peas, then add the water in which they were boiled and rub through a purée sieve. Return to the saucepan, add the flour and fat beaten together, and the salt and pepper.

Now gradually add the milk, which must be boiling hot. Beat well and cook 10 minutes, stirring frequently. This makes 10 servings.

Cow Pea Soup No. 1

2 cups cooked cowpeas	1 chopped onion
4 cups milk	1 teaspoon salt
2 tablespoons butter or fat	$\frac{1}{8}$ teaspoon pepper
2 tablespoons flour	$\frac{1}{2}$ teaspoon celery salt

Put the cooked cowpeas through a sieve. Cook the flour with the butter, add the milk, peas and seasonings. This makes 6 servings.

Cow Pea Soup No. 2

1 tablespoon butter or pork fat	1 stalk celery chopped
1 tablespoon chopped onion	1 cup dried cowpeas
	1 teaspoon salt

Soak the peas 8 or 10 hours in water enough to cover. Fry the vegetables in the fat, add the peas in the water in which they were soaked, and cook in a double boiler until the peas are tender. Put the mixture through a sieve and add water enough to bring it to the desired consistency. Reheat. If this soup is thickened with 1 tablespoon of flour mixed with a little water, the pea pulp will be prevented from sinking. This makes 6 servings.

Cream of Cow Pea Soup

1 cup cooked cowpeas	2 cups milk
1 tablespoon butter or fat	1 teaspoon sugar
1 tablespoon flour	Few drops onion juice
	1 teaspoon salt

Melt the fat, add the flour and cook thoroughly, being careful not to brown it. Add the milk and bring the

mixture to the boiling point. Put the peas through a sieve; add the peas and seasonings to the milk and re-heat. If too thick, add hot milk or water. Serve with croûtons made by heating buttered bread in the oven until it is brown and cutting in small pieces. This makes 6 servings.

String Bean Soup

2 quarts string beans	1 teaspoon salt
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ teaspoon pepper
2 tablespoons butter or fat	Milk whole or skim enough to
1 slice onion	make 2 quarts soup

Cook the beans until tender in as little water as possible, drain and rub through a sieve. Add the bean liquor and milk. Melt the fat, add the flour, and cook carefully 5 minutes. Add the liquid and cook until the mixture thickens. Season with salt and pepper. This makes 8 servings.

Dried Bean Soup

1 pint dried beans	3 tablespoons flour
4 quarts water	1 tablespoon celery minced
1 large onion minced	or celery leaves
4 tablespoons butter or fat	$\frac{1}{2}$ teaspoon pepper
2 teaspoons salt	

Wash the beans and soak them over night in cold water. In the morning pour off the water and put them in a pot with 3 quarts of cold water. Place on the fire and when the water comes to the boiling point, pour it off. Add 4 quarts of boiling water to the beans and place the soup pot where the contents will simmer for 4 hours. Add the celery the last hour of cooking. Cook the onion and drippings slowly in a saucepan for $\frac{1}{2}$ hour. Drain the water from the beans, saving this water, and put them in the sauce pan with the onion and fat. Then add the flour and cook $\frac{1}{2}$ hour stirring often. At the end of

this time mash fine and gradually add the water in which the beans were boiled until the soup is like thick cream. Then rub through a purée sieve and return to the fire; add the salt and pepper and cook 20 minutes or more. Lima beans make the most delicate soup but the large or small white beans are very satisfactory. This makes 10 servings.

Cream of Bean Soup

Make as above, but add only enough of the water in which the beans were cooked to make the mixture like thin mush. Have this very hot and add boiling hot milk to make it like thick cream, about 1 quart of milk to 3 pints of the bean purée. Boil up at once and serve. It spoils a cream soup to let it cook many minutes after the milk is added. This makes 10 servings.

Split Pea Soup

1 pint split peas	1 tablespoon flour
4 quarts water	2 tablespoons butter or fat
½ pound salt pork	1 teaspoon pepper
1 large onion	1 sprig parsley
2 tablespoons minced celery	

Pick the peas over that there may be no blemished ones among them, then wash and soak in cold water over night. In the morning turn off the water and put them in the soup pot with the cold water and salt pork. Simmer gently 7 hours being careful that the soup does not burn. When it has cooked 6 hours add the seasoning. Use a large wooden spoon to stir the soup. When done it should be thin enough to pour. If it becomes too thick add boiling water. When thoroughly cooked the soup is smooth and rather mealy. If not cooked enough, after standing a few minutes the thick part will settle and the

top look watery. At the end of 7 hours strain the soup through a sieve and return to the soup pot. Beat the flour and fat together until creamy, then stir into the soup and simmer $\frac{1}{2}$ hour. If the salt pork has not seasoned the soup sufficiently, add a little salt. This soup is improved by the addition of 1 pint of hot milk. This makes 8 servings.

Red Soy Bean Soup

$\frac{1}{2}$ cup soy beans	$\frac{1}{2}$ cup milk
1 pint cold water	2 tablespoons butter or fat
1 slice onion	1 tablespoon flour
2 slices carrots	$\frac{1}{2}$ teaspoon salt
Small bay leaf	$\frac{1}{4}$ teaspoon pepper
Few grains mustard	

Soak the beans 12 hours in cold water. Drain, add 2 cups water and simmer until soft. Rub through a sieve. Cook the onion and carrot in the fat, add the flour; when smooth add the milk. Cook until thickened and strain into the beans. Reheat and serve. This makes 8 servings.

Soup of Dried Legumes

Legumes are peas, beans, lentils, cow peas, and other vegetables of this class

1 cup dried legumes	Salt and pepper
1 quart water or stock	2 tablespoons butter or other fat
2 tablespoons flour	

Soak the dried legumes in cold water over night. Drain, add the water or stock, cook slowly on top of the stove for 3 hours or in a fireless cooker for 4 or 5 hours until tender. Renew the water as it boils away. Strain and thicken with fat and flour rubbed together. These soups may be flavored in many ways. Sometimes a tomato, onion, celery tops, parsley, or a mixture of vege-

tables is boiled with the beans or peas, or just before serving add onion juice, celery salt, or curry powder. Cook 20 minutes after the flour is added. This makes 5 servings.

Fish Chowder

3 pounds fish	1 quart milk
3 potatoes	$\frac{1}{2}$ teaspoon pepper
1 tablespoon chopped onion	4 hard crackers
1 teaspoon salt	1 tablespoon chopped parsley

Scald the milk in a double boiler. Dice the fish and potatoes and add them with the onion, parsley, and seasoning to the milk. Cook until the potatoes are soft. Break the crackers in each serving plate and pour the chowder over them. This makes 6 servings.

Clam Chowder

50 clams	1 teaspoon salt
$\frac{1}{2}$ pound salt pork	$\frac{1}{2}$ teaspoon pepper
3 potatoes	1 onion
1 tablespoon butter or fat	6 hard crackers
2 tablespoons flour	1 pint milk

Boil the clams for 5 minutes in their own liquor. Chop the onion and pork and fry together until both are browned. Rub the butter and flour together and add with the pork and onion to the clam liquor from which the clams have been removed. Then add the potatoes cut in dice and cook until the potatoes are tender. Chop the clams into small pieces and just before serving, add them to the chowder with the pint of milk and the broken crackers. This makes 6 servings.

Onion Chowder

3 quarts boiling water	$\frac{1}{2}$ teaspoon pepper
1 pint minced onion	3 tablespoons butter or sa-
1 quart diced potatoes	very drippings
3 teaspoons salt	1 tablespoon fine herbs

Cook the onion and fat together for $\frac{1}{2}$ hour, but slowly so that the onion will not brown. At the end of this time add the boiling water, potatoes, salt, and pepper, and cook 1 hour longer, then add the herbs and serve. This makes 10 servings.

Lima Bean Chowder

1 pint shelled lima beans	1 onion
4 small potatoes	1 green pepper
$\frac{1}{4}$ pound salt pork	Salt
3 cups skim milk	Pepper

Put the pork, onion, and green pepper through the grinder, cook carefully for 2 or 3 minutes, stirring so it will not burn. Add the potatoes with water enough to cover and cook until the vegetables are soft. Cook the beans separately and when soft add with the milk to the other mixture. Reheat and serve. This makes 6 servings. Any vegetable may be used in place of the beans. Corn or salsify are perhaps oftenest used.

Corn Chowder

1 cup corn	4 tablespoons butter or fat
1 quart milk	1 egg slightly beaten
1 grated onion	1 teaspoon celery salt
1 teaspoon salt	Cayenne to taste
3 tablespoons flour	

Canned or cooked corn put through the meat chopper may be used, or corn grated raw from the cob. Heat the milk, onion, corn, and seasonings together slowly in a double boiler. Thicken with the flour and fat, cooking over direct heat until the mixture boils, and from 15 to 20 minutes longer over hot water to develop flavor. Take chowder from fire, cool slightly, stir a little into the beaten egg, and add this egg mixture to the hot chowder,

stirring constantly. The egg thickens the chowder and improves its color, flavor and food value. This makes 6 servings.

Mixed Vegetable Chowder

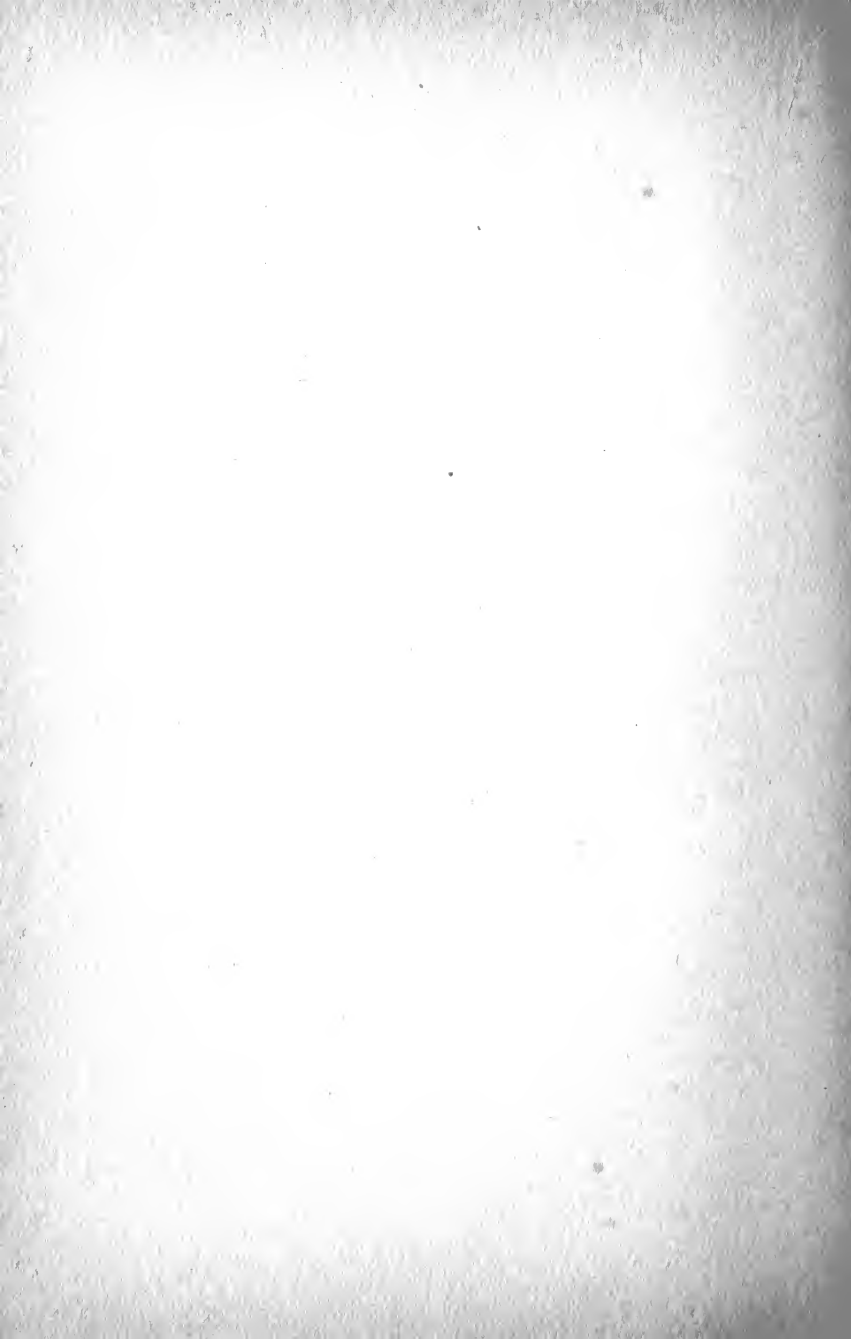
$\frac{1}{4}$ pound salt pork or bacon	4 medium sized potatoes
1 onion	3 carrots
6 tomatoes or	2 cups skim milk
1 pint stewed tomatoes	2 tablespoons flour
1 green pepper	2 teaspoons salt

Put the pork or bacon, onion, and pepper through the meat chopper then cook carefully in a saucepan about 5 minutes. Add the water, about a pint, and tomatoes, and cook until the vegetables are tender. Cut the potatoes and carrots into small pieces and cook in water until tender; drain, and add with the skim milk to the other ingredients. Thicken with the flour mixed with a little cold milk, and cook 15 minutes longer. This makes 6 servings.

Potato Peel Soup

Wash thoroughly 6 potatoes and peel them. Put the peelings in a sauce pan, cover with salted boiling water and boil until soft. Press the peelings through a strainer into the water in which they were cooked. Scald 2 cups of milk with an onion in it, remove the onion and add the milk to the potato water. Melt 1 tablespoon of butterine; rub into it 1 tablespoon of flour and add to the potato mixture. Season with salt and paprika to taste. Strained potato peelings may be added to any soup. This makes 4 servings.

MEATS



MEATS

Meat and Tomato Pie

This dish presents an excellent way of using up small quantities of either cold beef or mutton. If fresh tomatoes are used, peel and slice them; if canned, drain off the liquid. Place a layer of tomatoes in a baking dish, then a layer of sliced meat, and over the two dredge flour, pepper and salt. Repeat until the dish is nearly full, then put in an extra layer of tomatoes and cover the whole with a layer of pastry, or of bread or cracker crumbs. When the quantity of meat is small, add boiled potatoes or other vegetables cut into small pieces. A few oysters or mushrooms improve the flavor, especially when beef is used. The pie should be baked from $\frac{1}{2}$ to 1 hour according to its size and the heat of the oven.

Meat and Pastry Rolls

Small quantities of cold ham, chicken, or other meat may be utilized for these. The meat should be chopped fine, well seasoned, mixed with enough gravy or savory fat to make it shape, and formed into rolls about the size of a finger. A short dough made of 1 pint of flour, 2 tablespoons of lard compound, 1 teaspoon of baking powder, salt, and milk enough to mix, should be rolled thin, cut into strips, and folded about the meat rolls, care being taken to keep the shape regular. The rolls should be baked in a quick oven until they are a delicate brown, and served very hot.

Meat Turnovers

Almost any kind of chopped meat may be used in these, and if the quantity on hand is small, may be mixed with potato or cooked rice. This filling should be seasoned to taste with salt and pepper, onion, or whatever is desired, and laid on pieces of short biscuit dough rolled thin and cut into circles about the size of a saucer. The edges of the dough should be moistened with white of egg, the dough then folded over the meat, and its edges pinched closely together. The tops of the turnovers may be brushed with the yolk of an egg before they are placed in the oven. Bake $\frac{1}{2}$ hour in a hot oven. Serving with a brown sauce increases the flavor and moistens the crust.

Meat Stew With Dumplings

5 lbs. cheaper cut of beef	$\frac{1}{2}$ onion chopped
4 cups potatoes diced	$\frac{1}{4}$ cup flour
$\frac{2}{3}$ cup turnips diced	$\frac{2}{3}$ cup carrots diced
Salt and pepper	

Cut the meat into small pieces, removing the fat; try out the fat and brown the meat in it. When well browned, cover with boiling water, boil for 5 minutes and then cook in a lower temperature until the meat is done. If tender, this will require about 3 hours on the stove or 5 hours in a fireless cooker. Add carrots, turnips, onions, pepper, and salt, during the last hour of cooking, and the potatoes 15 minutes before serving. Thicken the gravy with the flour rubbed to a smooth paste with cold water. Serve with dumplings. If this dish is made in a fireless cooker, the mixture must be reheated when the vegetables are put in. This stew may also be made of mutton. If veal or pork is used the vegetables may be omitted or simply a little onion used. Sometimes for variety the browning of the meat is dispensed with.

When white meat such as chicken, veal, or fresh pork is used, the gravy is often made rich with cream, or milk thickened with flour. This makes 12 servings.

Dumplings

2 cups flour
 $\frac{2}{3}$ cup milk

$\frac{1}{2}$ teaspoon salt
2 teaspoons butterine

4 teaspoons baking powder

Mix and sift the dry ingredients. Work in the butterine with a knife, add the milk gradually, roll out to a thickness of $\frac{1}{2}$ inch and cut with a biscuit cutter. In some countries it is customary to season the dumplings themselves with herbs, or to stuff them with bread crumbs fried in some fat instead of depending on the gravy to season them. A good way to cook dumplings is to put them in a buttered steamer over a kettle of hot water. They should cook from 12 to 15 minutes. If it is necessary to cook them with the stew, enough liquid should be removed so that they may be placed upon the meat and vegetables. The dough may be baked as biscuits and the stew poured over them.

Meat Cakes

1 lb. chopped veal
1 cup soaked bread crumbs
2 tablespoons butterine

1 teaspoon onion chopped
 $1\frac{1}{2}$ teaspoons salt
Pepper

Mix all the ingredients except the butterine or fat and shape into small round cakes. Melt the fat in a baking pan and brown the cakes in it, first on one side and then on the other. Either cooked or raw veal may be used. In the case of raw meat the pan should be covered so that the heat may be retained to soften the meat. This makes 8 servings.

Stew From Cold Roast

This dish provides a good way of using up the remnants of a roast, either of beef or mutton. The meat should be freed from fat, gristle, and bones, cut into small pieces, slightly salted and put into a kettle with water enough to nearly cover it. It should simmer until almost ready to break in pieces, when onions and raw potatoes, peeled and quartered, should be added. A little soup stock may also be added if available. Cook until the potatoes are done, then thicken the gravy with flour. The stew should be served on slices of crisp toast.

Roast Beef With Yorkshire Pudding

3 eggs
1 pint milk

1 cup flour
1 teaspoon salt

The beef is roasted as usual and the pudding made as follows: beat the eggs until very light, then add the milk. Pour the mixture over the flour, add the salt, and beat well. Bake in hissing hot gem pans or in an ordinary baking pan for 45 minutes, and baste with drippings from the beef. If the gem pans are used, they should be placed on a dripping pan to protect the floor of the oven from the fat. The pudding may also be cooked in the same pan with the meat; in this case the roast should be placed on a rack and the pudding batter poured on the pan under it.

Cornbeef Hash With Poached Eggs

A dish popular with many persons is cornbeef hash with poached eggs on the hash. A slice of toast is sometimes used under the hash. This suggests a way of utilizing the small amount of cornbeef hash which would otherwise be insufficient for a meal. Small bits of other

meat may be used in the same way, chopping and seasoning them and then warming and serving in individual baking dishes with a poached egg on each.

Ham and Poached Eggs With Cream Sauce

A more elaborate dish of meat and eggs is made by placing a piece of thinly sliced boiled ham on a round of buttered toast, a poached egg on the ham, and covering with a highly seasoned cream or brown sauce. A slice of tongue may be used instead of the ham. If preferred, a well seasoned and rather thick tomato sauce or curry sauce may be used.

Mock Duck

Mock duck is made by placing on a round steak a stuffing of bread crumbs well seasoned with chopped onions, butterine, chopped suet or drippings, salt, pepper, and a little sage. The steak is then rolled around the stuffing and tied with a string in several places. If the steak is tough, the roll is steamed or stewed until tender before roasting in the oven until brown. Or it may be cooked in a casserole or covered dish, in which case the meat should be covered with a cup of water or soup stock. Mock duck should be served with currant or other acid jelly.

Mock Wild Duck

1 flank steak or	2 tablespoons flour
1½ lbs. round steak cut ½	1 tablespoon sugar
inch thick	3 cups water
2 lamb kidneys	1 tablespoon minced onion
¼ cup drippings	Salt, pepper, sage, and
½ cup cracker crumbs	powdered thyme

Trim the kidneys of all fat, cords, and veins. Cut into small pieces and spread evenly over one side of the steak together with the crumbs, onion, and season-

ings. Roll and tie with a cord. Brown the roll on fat, then remove, and make a gravy by heating the flour in the fat and adding 3 cups of stock, or water and sugar. Put the meat into the gravy and cook slowly until tender in a covered baking dish, a steamer, or a fireless cooker. This makes 8 servings. If cooked in a fireless cooker the roll should be browned in the oven before serving.

Veal or Beef Birds

A popular dish known as veal or beef birds or by a variety of special names is made by taking small pieces of meat, each just large enough for an individual serving and preparing them in the same way as the mock duck is prepared. Variety is introduced by seasoning the stuffing with chopped olives or tomato. These birds may be prepared by browning them in a little fat, then adding a little water, covering closely and simmering until tender.

Stewed Shin of Beef

4 lbs. shin of beef	$\frac{1}{2}$ tablespoon salt
1 onion	$\frac{1}{2}$ teaspoon pepper
1 sprig parsley	2 quarts boiling water
$1\frac{1}{2}$ tablespoons flour	$1\frac{1}{2}$ tablespoons butterine
Small bay leaf	1 slice carrot

Have the bone cut in several pieces. Put all the ingredients but the flour and butterine into a pan and bring to a boil. Set the pan where the liquid will just simmer for 6 hours, or after boiling for 5 or 10 minutes, put all into the fireless cooker for 8 or 9 hours. With the butterine, flour, and $\frac{1}{2}$ cup of the clear soup from which the fat has been removed, make a brown sauce; to this add the meat and the marrow removed from the bone. Heat and serve. The remainder of the liquid in which the meat has been cooked may be used for soup. This makes 10 servings.

Braised Beef, Pot Roast, and Beef á La Mode

The above names are given to dishes made from the less tender cuts of meat. They vary little either in composition or method of preparation. In all cases the meat is browned on the outside to increase the flavor and then cooked in a small amount of water in a closely covered kettle until tender. The flavor of the dish is secured by browning the meat and by the addition of the seasoning vegetables. As the vegetables are usually extremely well seasoned by means of the browned fat and the extracts of the meat it is better to serve them with the meat.

Bean Pot Roast

3 lbs. shoulder of mutton or	1 cup potatoes diced
3 lbs. round or chuck steak	$\frac{1}{4}$ cup sliced onion
1 cup carrots diced	

Cover the meat with boiling water. Place the cover on the bean pot and let the meat cook in a moderate oven for 2 hours; then add the vegetables cut in dice, and 2 teaspoons of salt. Cook until the vegetables are tender, which will require about 1 hour. When ready to serve pour a sauce over the meat made from 1 cup of the liquid in which the meat was cooked, thickened with 2 tablespoons of flour. This makes 10 servings.

Hungarian Goulash

2 lbs. top round of beef	1 onion
A little flour	2 bay leaves
2 ounces salt pork	6 cloves
2 cups tomatoes	6 peppercorns
1 stalk celery	1 blade mace

Cut the beef into 2-inch pieces and sprinkle with flour. Fry the salt pork until a light brown; add the beef

and cook slowly for about 35 minutes, stirring occasionally. Cover with water and simmer 2 hours. Season with salt, pepper, or paprika. From the vegetables and spices a sauce is made as follows: cook in sufficient water to cover for 20 minutes; then rub through a sieve and add some of the stock in which the meat was cooked. Thicken with flour, using 2 tablespoons moistened with cold water to each cup of liquid and season with salt and paprika.

Serve on a platter with the sauce poured over it. Potatoes, carrots, and green peppers, cooked until tender and cut into small pieces, are usually sprinkled over the dish when served, and noodles may be arranged in a border upon the platter. This makes 10 servings.

Veal Loaf

3 lbs. veal	3 eggs
1 lb. salt pork	$\frac{1}{4}$ teaspoon pepper
6 soda crackers rolled fine	$\frac{1}{2}$ teaspoon salt

Chop the meat, beat the eggs, mix all the ingredients, shape and bake 3 hours, basting occasionally with pork fat. Use $\frac{1}{4}$ of the fat for this purpose. If the roll is pierced occasionally the fat will penetrate more effectually. Veal loaf may also be cooked in bread pans. This makes 10 servings.

Round Steak on Biscuits

Cut round steak into pieces about $\frac{1}{2}$ inch square, cover with water and cook at a temperature just below the boiling point for 5 minutes or until it is tender. While it is still hot put into the fireless cooker and leave for 5 hours. Thicken the gravy with flour mixed with water, allowing 2 level tablespoons to a cup of water. Pour the meat and gravy over split baking powder biscuits, so baked that they have a large amount of crust.

Salt Pork With Milk Gravy

Cut salt pork into thin slices. If very salt cover with hot water and allow it to stand for 10 minutes. Score the rind of the slices and fry slowly until they are a golden brown. Make a milk gravy by heating flour in the fat that has been tried out, allowing 2 tablespoons of fat and 2 tablespoons of flour to each cup of milk. This is a good way to use skim milk which is as rich in protein as whole milk. The pork and milk gravy served with boiled or baked potatoes makes a cheap and simple meal.

India Curry

1½ lbs. veal
½ cup butterine

2 onions
½ tablespoon curry

Brown the meat either without fat or with a very little, and cut into small pieces. Fry the onions in the butterine, remove them, add the meat and curry powder. Cover the meat with boiling water and cook until tender. Serve with a border of rice. The 2 onions and ½ tablespoon of curry powder are the largest amount to be used. Many persons prefer less of each.

In preparing the rice for this dish wash 1 cup of rice in several waters, rubbing the grains between the hands to remove all the dirt. Put the washed rice in a sauce pan with 2½ cups of water and 1 teaspoon of salt. Cover and place where the water will boil. Cook for 20 minutes, being careful not to let it burn. At the end of this time put the pan on a tripod or ring and cover the rice with a fold of cheese cloth. Let it continue to cook in this manner 1 hour, then turn into a hot vegetable dish. The rice will be tender, dry and sweet, and each grain will be separate. During the whole process the rice should not be stirred. If a tablespoon of butterine

is cut up and scattered over the rice when it has cooked 20 minutes the dish will be much improved. This makes 10 servings.

Curry of Mutton

2 lbs. mutton	1 teaspoon curry
1 onion	2 tablespoons flour
1 teaspoon vinegar	Salt
	Boiling water

Cut off small portions of the fat and try them out. Remove the unmelted parts and in the remainder fry the meat until it is a delicate brown. Add the onions and pour over all enough water, heated to the boiling point, barely to cover. Cook until the meat is tender. Add the curry powder, vinegar, and salt. Remove the meat, reduce the broth to 1 cup and thicken it with flour rubbed to a smooth paste with cold water. Add the meat to the gravy and reheat. Serve with rice. This makes 10 servings.

Mock Venison

2 tablespoons butterine	1 tablespoon currant jelly
2 tablespoons flour	1 cup water or stock
1 tablespoon bottled meat sauce	

Cut cold mutton into thin slices and heat in a brown sauce made according to the following directions: Brown the flour in the butterine, add the water or stock slowly, and keep stirring. Then add the jelly and meat sauce and let the mixture boil up well. Put in the cold mutton and cook for 5 minutes longer until the meat is thoroughly heated.

Farmer Stew

Pound flour into both sides of a round steak, using as much as the meat will take up. This may be done

with a meat pounder or with the edge of a heavy plate. Fry in drippings, butterine or other fat, in a Scotch bowl, or in an ordinary iron kettle or frying pan; then add water enough to cover it. Cover the dish very tightly so that the steam can not escape and allow the meat to simmer for 2 hours or until it is tender. One advantage of this dish is that ordinarily it is ready to serve when the heat is done, as the gravy is already thickened. However if a large amount of fat is used in the frying, the gravy may not be thick enough and must be blended with flour.

Spanish Beefsteak

Take a piece of round steak weighing 2 pounds and about 1 inch thick; pound until thin, season with salt and cayenne pepper, cover with a layer of bacon or salt pork, cut into thin slices, roll and tie with a cord. Pour around it $\frac{1}{2}$ cup of milk and $\frac{1}{2}$ cup of water. Place in a covered baking dish and cook 2 hours, basting occasionally. This makes 10 servings.

Hamburg Steak

This name is commonly given to inexpensive cuts of beef chopped, seasoned a little, shaped into small cakes or into one large thin cake, and quickly broiled in the way a tender steak would be. Owing to the quick cooking much of the natural flavor of the meat is developed and retained. The fact should be kept in mind that Hamburg steak must be made from fresh, well ground meat. It is much safer to chop the meat at home, as chopped meat spoils very quickly. Much depends too upon browning it sufficiently to bring out the flavors. The meat is sometimes mixed with enough milk to moisten it before it is cooked.

Savory Rolls

Savory rolls in great variety are made out of chopped meat either with or without egg. The variety is secured by the flavoring materials used and by the sauces with which the baked rolls are served. Appetizing rolls are made with beef and pork mixed. The proportion varies from 2 parts beef and 1 of pork to 2 of pork and 1 of beef. The rolls are always improved by laying thin slices of salt pork or bacon over them, which keep the surface moistened with fat during the roasting. These slices should be scored on the edge, so that they will not curl up in cooking.

The necessity for the salt pork is greater when the chopped meat is chiefly beef than when it is largely pork or veal. Bread crumbs or moistened bread can be added, as it helps to make the dish go farther. When onions, green peppers, or other vegetables are used, they should be always thoroughly cooked in fat before being put in the roll, for usually they do not cook sufficiently in the length of time it takes to cook the meat. Sausage makes a good addition to the roll, but it is cheaper to use unseasoned pork meat with the addition of a little sage.

Camelon of Beef

This dish is prepared by making chopped beef into a roll and baking it wrapped in greased paper, a method designed to keep in the steam and so insure a moist, tender dish. The paper must be removed before serving. The roll should be basted occasionally with butterine and water or drippings and water. In preparing the roll an egg may be added for each pound and a half of meat; and chopped parsley, onion juice, lemon peel grated, or finely chopped green peppers make a good seasoning. A thickened gravy may be made from the drippings, the liquid used being either water or tomato juice.

Philippino Beef

1 lb. round beef	1 teaspoon salt
½ lb. lean fresh pork	1 cup bread crumbs
1 small onion	2 cups stewed tomatoes
1 egg	2 slices bacon
1 green pepper	2 tablespoons butterine
4 tablespoons flour	

Remove the seeds from the pepper and put it through the meat grinder with the meats and the onion. Add crumbs, egg, and salt. Make into a roll, place in a shallow baking dish, pour the strained tomatoes around it, put the bacon on top, and bake 40 minutes, basting with the tomatoes. Thicken the gravy with the flour cooked in the butterine. A little seasoning such as a bit of bay leaf, a clove, and a small piece of onion improves the tomato sauce. As the pepper and onion are not likely to be cooked as soon as the meat, it is well to fry them in a little fat before adding to the other ingredients. This makes 6 servings.

Mock Rabbit

½ lb. round steak and	1 egg
1 lb. sausage or	1 onion
1 lb. round steak and	¼ lb. salt pork
½ lb. sausage	Pepper and salt
3 slices bread moistened with water	

Chop the meat. Chop the onion and cook it in the fat tried out of a small portion of the pork, being careful not to brown it. Add the bread and cook a few minutes. When this is cool, mix all the ingredients and form into a long roll. The surface can easily be made smooth if the hand is wet with water. Lay the remaining pork cut in slices on top and bake 40 minutes in a hot oven. This makes 8 servings.

Scotch Broth

3 lbs. mutton	2 tablespoons minced celery
2 tablespoons barley	2 teaspoons salt
2 tablespoons minced onion	1 teaspoon pepper
2 tablespoons minced turnip	1 tablespoon minced parsley
2 tablespoons minced carrot	3 quarts cold water

Remove the bones and all the fat from the mutton, cut the meat into small pieces and put it in a pan with the water, chopped vegetables, barley, and all the seasoning except the parsley. It will be found convenient to tie the bones in a piece of thin white cloth before adding them to the other ingredients. Bring the stew to a boil, quickly skim it and allow it to simmer for 3 hours; thicken with the flour, and add the chopped parsley. This makes 10 servings.

Montana Steak

1 lb. lean mutton free from bone	$\frac{1}{2}$ cup milk
1 egg	$\frac{1}{8}$ teaspoon pepper
	1 teaspoon salt
Few drops onion juice	

Chop the meat finely, add the other ingredients, form into small cakes, and either broil or fry them. While this dish is more delicate if the egg and milk are used, it may be made without them. In this case it resembles very closely Hamburg steak as it is ordinarily prepared from beef. This makes 8 servings.

Syrian Stew

2 cups raw mutton cut in cubes	2 cups string beans
2 tablespoons butterine	2 onions
3 tablespoons flour	2 cups stewed tomatoes
	Salt
	Water

Dredge the meat with the flour and brown it in the fat. Put all the ingredients in a sauce pan, scraping

from the frying pan all of the flour and fat, and add enough water barely to cover. Cook slowly until the meat is tender. This makes 8 servings.

Haricot of Mutton

2 tablespoons drippings	2 cups water
2 tablespoons minced onion	Salt and pepper
1½ lbs. lean mutton cut in 2	Lima beans
inch pieces	Chopped parsley

Fry the onions in the fat; remove the onions, add the meat and brown; cover with water and cook until the meat is tender. Serve with a border of lima beans seasoned with salt, pepper, butterine, and a little chopped parsley. Fresh, canned, dried, or evaporated beans may be used in making this dish. This makes 8 servings.

Twelve O'clock Pie

1 lb. mutton from the shoulder	1 carrot
1 onion	6 potatoes
½ cup flour	1 teaspoon baking powder
	1 tablespoon butterine
	Salt

Cook the onions, carrots, and meat together in water enough to cover. Boil the potatoes separately. Reserve enough of the potatoes to make a cup of mashed potatoes. Cut the remaining potatoes and the other vegetables and meat into small pieces, and place in the baking dish. Cover with some of the broth thickened with flour. Mash the remaining potatoes. Add to them butterine and salt. Mix this with the flour which has been sifted with the baking powder. Spread this mixture over the ingredients in the baking dish and bake in a hot oven until the crust is brown—about 20 minutes. This makes 10 servings.

Ragout of Mutton and Farina Balls

1½ lbs. mutton diced	2 cups hot water
1 tablespoon butterine	1 teaspoon salt
1 tablespoon flour	¼ teaspoon pepper
1 onion	1 bay leaf
½ can peas	Sprig parsley
1 carrot	

Put the butterine in a frying pan; when melted add the flour, and brown. Add carrot and onion cut in dice. Remove vegetables and add the meat, searing well. To the meat and vegetables add the hot water and seasonings. Put in a kettle, cover and simmer 2 hours. Add the peas 10 minutes before serving in a dish with farina balls made as follows:

Farina Balls

¼ cup farina	⅛ teaspoon pepper
1 cup milk	1 egg yolk
¼ teaspoon salt	Onion juice

Cook the farina and milk in a double boiler for 1 hour. Add the seasoning and well-beaten egg yolk; stir well and cool. When cold roll into balls, dip in egg and crumbs and fry in deep fat. Rice may be used in a similar way. This makes 10 servings.

Casserole Roast

3 lbs. round of beef	¼ carrot
1 slice salt pork	1 chopped onion
1 peppercorn	1 head celery chopped

Try out the pork. Brown the meat on both sides in the fat. Put in a casserole, which is a heavy earthenware dish with a cover, with the vegetables around it; add 2 cups of water or stock. Cover and cook in a hot oven 3 hours, basting occasionally. A sauce or gravy

may be made with water, flour, and some of the juice left in the casserole. This makes 10 servings.

Casserole or Italian Hash

Boil $\frac{1}{4}$ pound of macaroni, drain and put into a greased casserole, add a little butterine and grated cheese. Push the macaroni to the sides of the dish and fill the center with chopped cooked meat, seasoned. A little sausage gives a good flavor to this dish. Place in the oven until hot throughout and serve.

A very good modification of this is made by using raw meat instead of cooked. For this $\frac{1}{2}$ lb. of round steak is sufficient for a family of six. This should be cut into small pieces, browned, and cooked until tender in water, with the onion and other seasonings. 1 hour before the cooking is complete, add $\frac{1}{2}$ can of tomatoes. Before serving, the meat may be mixed with the sauce, and the whole poured over the macaroni. This makes 6 servings.

Turkish Pilaf With Raw Meat

$\frac{1}{2}$ cup rice	cup tomatoes
1 small onion	2 teaspoons salt
$\frac{1}{2}$ lb. lean beef or lamb	1 teaspoon paprika
1 cup water	2 tablespoons fat

Fry the onion and washed rice in $\frac{1}{2}$ the fat until slightly browned. Put into a covered baking dish. Cut the meat in 1 inch pieces and brown in the remainder of the fat. Add all the ingredients together with the seasonings, tomatoes, and water. Cook slowly $1\frac{1}{2}$ hours until the rice and meat are tender in an earthenware baking dish. This makes 6 servings.

Turkish Pilaf With Cooked Meat

2 cups cooked rice	1 cup cooked pieces meat
1 small onion	$\frac{1}{4}$ teaspoon pepper
1 cup stewed tomatoes	$1\frac{1}{2}$ tablespoons fat
$\frac{1}{2}$ cup water	1 teaspoon salt

Cook $\frac{1}{2}$ cup of well-washed rice in plenty of boiling salted water. Cut up the onion, add the tomatoes, seasoning, and meat. Put the fat into the frying pan, add the above mixture, and rice, and water. Cook $\frac{1}{2}$ hour. This makes 6 servings.

Vegetable and Meat Hash

2 cups cooked and diced vegetables	1 tablespoon chopped parsley
2 cups cooked and diced meat	1 tablespoon minced green pepper
$\frac{1}{2}$ teaspoon pepper	1 teaspoon salt
1 tablespoon minced onion	1 tablespoon butterine

Chop each vegetable separately but not fine enough for the pieces to stick together or lose their shape; then mix all together thoroughly with the diced meat, onion, parsley, green pepper, and seasoning. Moisten with $\frac{1}{2}$ cup of water. Put a tablespoon of butterine or any fat in a frying pan and when it is melted put in the hash, and spread evenly in the pan. Over it put little pieces of butterine, using about 1 tablespoon. Cover the pan and place where the hash will not burn but where the heat is fairly good, and cook $\frac{1}{2}$ hour, then fold and turn on a hot platter. A rich brown crust will have formed on the bottom of the hash if the heat has been sufficient. This makes 8 servings.

Chartreuse of Meat and Rice

2 cups chopped meat	1 tablespoon chopped parsley
1 teaspoon salt	1 egg
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{4}$ cup fine crumbs
$\frac{1}{4}$ teaspoon onion juice	4 cups cooked rice

Season the meat and mix with the crumbs and the beaten egg; add enough stock or water to make it pack easily. Line a well-greased mold or dish with 3 cups

of rice and fill the center with the meat. Cover with the remainder of the rice, cover tightly and steam for 45 minutes. Serve with tomato sauce. This makes 6 servings.

Chicken Soufflé

1½ cups chopped chicken	1 teaspoon salt
2 tablespoons flour	⅛ teaspoon pepper
2 tablespoons butterine	¼ teaspoon paprika
1½ cups milk	3 eggs
½ cup bread crumbs	Onion juice

Put the chicken through the meat chopper. Make a sauce of the butterine, flour, and milk by putting the butterine in a sauce pan; when it has melted add the flour rubbed to a smooth paste in a little milk, and the remainder of the milk. Cook for 15 minutes. Add the bread crumbs to this with the chicken and seasoning. Add the eggs well beaten. Pour into a greased baking dish, place the dish in a pan of water and bake in a moderate oven for 20 minutes. This makes 6 servings.

Chicken in Casserole

Put in a casserole pieces of cold roast chicken, 1 cup of canned peas, cold carrots diced, cooked potatoes cut in quarters, ½ cup cooked rice. Cover with the gravy or if preferred enough water to keep the mixture very moist throughout the cooking. Cook 1 hour in a slow oven and serve in the same dish. It is generally necessary to add seasoning even when the ingredients have been already seasoned.

Creamed Chicken

1 cup cold cooked chicken	1 tablespoon flour
1 tablespoon chopped parsley	1 cup milk
1 tablespoon butterine	Salt
	Paprika

Melt the butterine in a sauce pan, add the flour, and pour the milk in slowly, stirring constantly. Cook until the raw taste of the flour is gone—about 15 minutes. Add the parsley and seasoning and the diced chicken and cook 5 minutes. Serve on toast. This makes 5 servings.

Baltimore Chicken

Split a spring chicken and cut in 4 pieces. Moisten, sprinkle with salt, and dip in egg and cracker crumbs. Dredge with flour and place in a greased pan and bake 20 minutes in a hot oven, basting after the first 10 minutes with melted butterine. Remove to a hot dish and serve with a white sauce made of 1 tablespoon of flour, 1 tablespoon of butterine, 1 cup of milk, salt and pepper. Garnish with strips of toast or fried mush.

Broiled Chicken

Split the spring chicken down the back, season with salt and pepper. Rub all over with softened butterine, especially the breast and legs, and dredge with flour. Place on a well-greased broiler and broil over a slow fire about 20 minutes, turning often. The flesh side must be turned to the fire for the longer time as the skin side would burn before the chicken is cooked through. Put on a hot dish and spread with melted butterine and garnish with parsley.

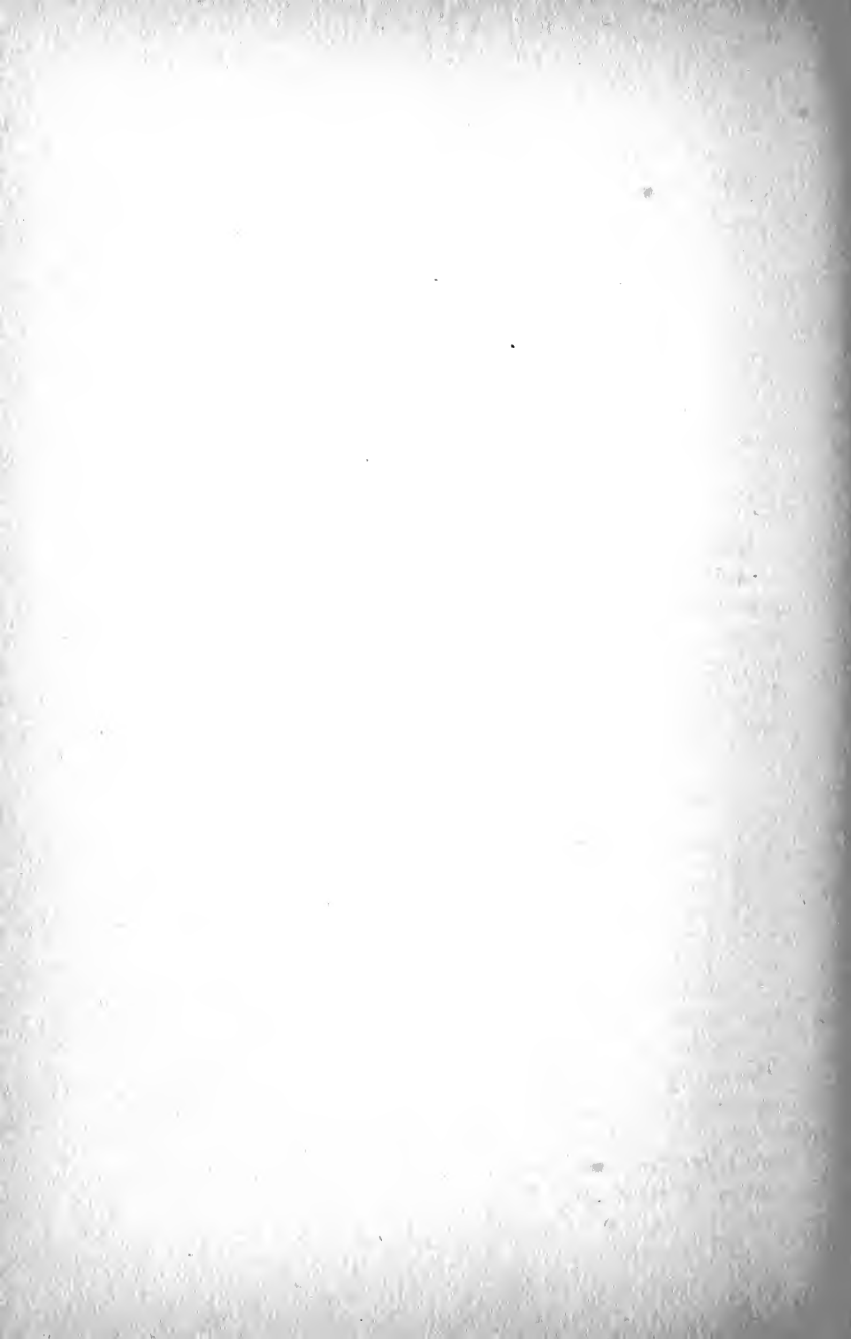
Fricasseed Chicken

This is the best way of cooking an old chicken. Cut the chicken into pieces at the joints, the breast in half, and the back in three pieces. Put in a sauce pan 2 tablespoons of butterine and the pieces of chicken. Cook for a few minutes until the chicken is slightly browned, then cover with hot water, season with salt and pepper,

and simmer for 1 hour or until tender. Serve on a hot platter on pieces of toast and cover with a white sauce made of 1 tablespoon of flour, 1 tablespoon of butterine, salt, pepper, and milk. Cook until all raw taste of the flour is gone, and pour over the chicken. The water in which the chicken was cooked may be used for the sauce instead of the milk but the grease must be skimmed from it before using.



MEAT SUBSTITUTES



MEAT SUBSTITUTES

Welsh Rabbit

1 tablespoon flour	$\frac{1}{4}$ teaspoon salt
1 tablespoon butterine	1 cup milk
$\frac{1}{4}$ teaspoon mustard	$\frac{1}{2}$ lb. cheese
Cayenne	

Rub the flour and melted butterine together with the seasonings. Then pour over it the hot milk, stirring vigorously. When thickened cut the cheese into it and when melted pour over bread or crackers toasted on one side, the mixture being poured over the untoasted side. The food value of the dish equals about $\frac{3}{4}$ pound of beef. This makes 6 servings.

Tomato Rabbit

2 tablespoons butterine	$\frac{1}{8}$ teaspoon soda
2 tablespoons flour	1 lb. cheese
$\frac{3}{4}$ cup milk	2 eggs
$\frac{3}{4}$ cup stewed and strained tomatoes	Salt, cayenne pepper
	Mustard

Cook the butterine and flour together, add the milk, and as soon as the mixture thickens, add the tomatoes and soda. Then add the cheese cut in small pieces or grated, the eggs slightly beaten, and the seasoning, 1 teaspoon salt, $\frac{1}{4}$ teaspoon cayenne, and $\frac{1}{8}$ teaspoon mustard. Cook until the ingredients are well blended and serve on toasted whole wheat or graham bread. This makes 10 servings.

Green Corn, Tomato and Cheese

1 tablespoon butterine	2 egg yolks
2 cups grated cheese	1 teaspoon salt
$\frac{3}{4}$ cup canned corn	$\frac{1}{2}$ teaspoon paprika
1 ripe pimienta	4 slices bread
$\frac{1}{2}$ cup tomato purée	1 clove garlic

Into the melted butterine stir the cheese until it, too, is melted. Then add the corn and pimienta, stir for a moment, add the egg yolks beaten and mixed with the tomato juice and the salt and paprika. Have ready the bread toasted on one side and very lightly rubbed on the untoasted side with the garlic cut in two. Pour the mixture over the untoasted side of the bread and serve at once. A poached egg is sometimes placed on top of each portion, making a very nutritious combination. This makes 8 servings.

Macaroni and Cheese

1 cup macaroni broken in small pieces	2 tablespoons flour
2 quarts boiling salted water	$\frac{1}{2}$ lb. cheese
1 cup milk	$\frac{1}{2}$ teaspoon salt
	Cayenne pepper

Cook the macaroni in the boiling salted water, drain in a strainer, and pour cold water over it to prevent the pieces from adhering to each other. Make a sauce of the flour, milk, and cheese. Put the sauce and macaroni in alternate layers in a greased baking dish, cover with buttered crumbs and cook in the oven until the crumbs are brown. This makes 8 servings.

Italian Macaroni and Cheese

1 cup macaroni broken in small pieces	2 cloves
2 quarts boiling salted water	$1\frac{1}{2}$ cups tomato sauce
	$\frac{1}{2}$ cup grated cheese
	$\frac{1}{2}$ onion

Cook the macaroni in the boiling salted water with the onion and cloves. Drain, remove the onion and cloves, reheat in the tomato sauce, and serve with grated cheese. This makes 6 servings.

Cheese and Macaroni Loaf

$\frac{1}{2}$ cup macaroni broken in small pieces	1 teaspoon chopped onion
1 cup milk	3 eggs
1 cup bread crumbs	1 teaspoon salt
1 tablespoon butterine	$\frac{1}{2}$ cup grated cheese
1 tablespoon chopped green pepper	1 teaspoon minced parsley

Cook the macaroni in boiling salted water until tender, and rinse in cold water. Cook the parsley, onion, butterine, and green pepper in $\frac{1}{4}$ cup of hot water until the water evaporates. Beat the egg white and yolk separately. Mix all the ingredients, cutting and folding in the stiffly beaten whites at the last. Line a quart baking dish with greased paper; turn the mixture into it; set the baking dish in a pan of hot water and bake in a moderate oven about $\frac{3}{4}$ of an hour. Serve with tomato sauce. This makes 6 servings.

Tomato Sauce

1 pint of stewed and strained tomatoes is thickened with 2 tablespoons of flour and 2 tablespoons of butterine, and flavored with a slice of onion cooked in the tomato while stewing.

Nut and Cheese Roast

1 cup grated cheese	2 tablespoons butterine
1 cup chopped nuts	2 tablespoons minced onion
1 cup bread crumbs	$\frac{1}{4}$ teaspoon pepper
1 teaspoon salt	Juice $\frac{1}{2}$ lemon

Cook the onion in the butterine and a little water until it is tender. Mix the other ingredients and moisten with water, using water in which the onion was cooked. Pour into a shallow baking dish and brown in the oven. This makes 6 servings.

Bean and Cheese Roast

1 can beans	1 teaspoon salt
$\frac{1}{2}$ lb. grated cheese	$\frac{1}{4}$ teaspoon pepper
Bread crumbs	

Mash the beans or put them through a meat grinder. Add the cheese and sufficient bread crumbs to make the mixture stiff enough to be formed into a roll. Bake in a moderate oven, basting occasionally with melted butterine and hot water. Serve with tomato sauce. This dish may be flavored with onions, chopped and cooked in butterine and water. This makes 6 servings.

Pimiento and Cheese Roast

2 cups cooked lima beans	3 canned pimientos
$\frac{1}{4}$ lb. cream cheese	Bread crumbs

Put the first 3 ingredients through a meat grinder. Mix thoroughly and add bread crumbs until it is stiff enough to form into a roll. Brown in the oven, basting occasionally with butterine melted in hot water. This makes 6 servings.

Cheese and Spinach Roll

2 quarts spinach	1 teaspoon salt
1 cup grated cheese	$\frac{1}{4}$ teaspoon pepper
1 tablespoon butterine	Bread crumbs

Cook the spinach in water for 10 minutes. Drain off the water, add the butterine, cook until tender, and

chop. Add the grated cheese and then bread crumbs enough to make a mixture sufficiently stiff to form into a roll; or leave more moist and cook in a baking dish. This makes 6 servings.

Corn and Cheese Soufflé

1 tablespoon butterine	1 cup canned corn
1 tablespoon green pepper	1 cup grated cheese
$\frac{1}{4}$ cup flour	3 eggs
2 cups milk	$\frac{1}{2}$ teaspoon salt

Melt the butterine and cook the green pepper thoroughly in it. Make a sauce of the flour and the milk and stir in the cheese. When melted, cool, and add the corn, egg yolks and seasoning. Cut in and fold the stiffly beaten whites. Turn into a greased baking dish and bake in a moderate oven 30 minutes. This makes 8 servings.

Roman Gnocchi

$\frac{1}{4}$ cup butterine	2 egg yolks
$\frac{1}{4}$ cup flour	$\frac{1}{4}$ cup corn starch
2 cups milk	$\frac{3}{4}$ cup grated cheese

Melt the butterine; cook the corn starch thoroughly, then add the flour to it and cook in the butterine; add the milk gradually. Cook 3 minutes, stirring constantly. Add the egg yolks and $\frac{1}{2}$ cup of cheese. Pour into a greased shallow pan, and cool. Cut into squares, place on a platter a little distance apart; sprinkle with the remaining cheese and brown in the oven. This makes 5 servings.

Cheese Fondue

$1\frac{1}{3}$ cups hot milk	$1\frac{1}{2}$ cups diced cheese
$1\frac{1}{3}$ cups bread crumbs	$\frac{1}{2}$ teaspoon salt
1 tablespoon butterine	4 eggs

Mix the hot milk, bread crumbs, salt and cheese and butterine; add the egg yolks thoroughly beaten; into

this mixture cut and fold the egg whites beaten stiff. Pour into a greased baking dish and cook 30 minutes in a moderate oven. This makes 6 servings. In making this fondue, rice or other cereals may be substituted for bread crumbs. Use $\frac{1}{4}$ cup of rice measured before cooking, or 1 cup of cooked rice or cereal should be used. Serve at once.

Boiled Fondue

1½ cups bread crumbs	1½ cups diced cheese
1½ cups milk	2 tablespoons butterine
1 egg	6 crackers

Soak the bread crumbs in the milk. Melt the butterine and add the cheese. When the cheese has melted, add the soaked crumbs, the eggs slightly beaten, and the seasoning. Cook a short time and serve on toasted crackers. This makes 6 servings.

Rice Fondue

1 cup boiled rice	½ teaspoon salt
2 tablespoons milk	1 cup grated cheese
4 eggs	1 teaspoon meat sauce

Heat the rice in the milk, add the other ingredients, and cook slowly until the cheese is melted. Serve on crackers or toast. This makes 5 servings. The food value is equal to 1 pound of beef.

Cheese Soufflé

2 tablespoons butterine	½ teaspoon salt
3 tablespoons flour	¼ cup grated cheese
½ cup scalded milk	3 eggs

Cayenne

Melt the butterine, add the flour and when well mixed add gradually the scalded milk. Then add the salt.

cayenne, and cheese. Remove from the fire and add the yolks of the eggs beaten until lemon colored. Cool the mixture and fold into it the egg whites beaten until stiff. Pour into a buttered baking dish and cook 20 minutes in a slow oven. Serve at once. This makes 5 servings.

Cheese Soufflé With Pastry

2 eggs
 $\frac{2}{3}$ cup thin cream
 $\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup cheese diced
1 cup grated cheese
Cayenne

Add the eggs to the cream and beat slightly, then add the cheese and seasoning. Bake 15 minutes in a hot oven in patty tins lined with puff paste. This makes 6 servings.

Cheese Croquettes

3 tablespoons butterine
 $\frac{1}{4}$ cup flour
 $\frac{2}{3}$ cup milk
2 egg yolks

1 cup cheese diced
 $\frac{1}{2}$ cup grated cheese
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

Put the butterine in a sauce pan; when it has melted add the flour rubbed to a smooth paste with a little of the milk; add the rest of the milk gradually. Cook for 15 minutes being careful not to burn. Add the unbeaten yolks and stir until well mixed, then add the grated cheese. As soon as the cheese melts, remove from the fire, fold in the pieces of cheese and add the seasoning. Spread in a shallow pan and cool. Cut into squares or strips, or form into cones, cover with an egg and crumb mixture and fry in deep fat. This makes 5 servings.

Fried Cheese Balls

$1\frac{1}{2}$ cups grated cheese
1 tablespoon flour
Cayenne

3 egg whites
 $\frac{1}{2}$ teaspoon salt
Cracker dust

Beat the egg whites; add the other ingredients; make into balls and roll in cracker dust. If the amount of flour is doubled the mixture may be dropped from a spoon and fried without being rolled in crumbs. This makes 6 servings.

Baked Rice and Cheese

3 cups cooked rice	2 tablespoons flour
1 cup milk	$\frac{1}{2}$ lb. cheese
$\frac{1}{2}$ teaspoon salt	Paprika

Put the milk in a sauce pan; when it is warm add the flour rubbed to a smooth paste with a little cold milk, the cheese cut in small pieces, and the seasoning. Cook until it becomes a smooth sauce. Into a greased baking dish put alternate layers of the cooked rice and the sauce. Cover with bread crumbs dotted with bits of butterine and bake until the crumbs are brown. This makes 6 servings.

Baked Crackers and Cheese

10 soda crackers	1 cup grated cheese
2 cups hot milk	$\frac{1}{4}$ teaspoon salt

Dip the crackers in the milk until they are softened. Place them in a greased baking dish in alternate layers with the grated cheese. Pour the remaining milk over them, cover with bread crumbs and brown in the oven. Variety may be secured by putting a very small amount of mustard mixed with water on each cracker. This makes 10 servings.

Virginia Corn Bread With Cheese

$\frac{1}{2}$ cup corn meal	1 teaspoon baking powder
$\frac{1}{4}$ cup cold water	1 teaspoon salt
$1\frac{1}{2}$ cups boiling water	1 cup grated cheese
1 egg	$\frac{1}{2}$ cup flour

Mix the corn meal with the cold water; pour into the boiling water and stir over the fire until thickened. Cook $\frac{1}{2}$ hour in a double boiler. If there is some cold mush on hand 2 cups may be used. Cool the cooked mush, add the egg beaten slightly, and the sifted dry ingredients. Drop by spoonfuls into a hot frying pan containing crisco or some vegetable fat. When brown on one side turn and brown the other. Cook slowly. This makes 12 fritters of the ordinary size.

Corn Meal and Cheese

3 cups corn meal
1 cup grated cheese

1 scant tablespoon salt
2 quarts water

Sift the corn meal slowly into the boiling salted water, stirring constantly, and boil until thick, about 1 hour, in a double boiler. Remove from the fire and add the cheese, stirring until the cheese melts. Pour into a dampened, cold bread pan. When cold cut into slices and brown in a small amount of vegetable fat. Serve with tomato sauce. This makes 10 servings.

Tomato Sauce

1 cup canned tomatoes
1 slice onion
2 tablespoons butterine

2 tablespoons flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

Cook the onion with the tomatoes 10 to 15 minutes, rub through a strainer and add the butterine and the flour, to which the seasoning has been added. Cook together until a smooth sauce is obtained. This makes 1 cup of sauce.

Oatmeal With Cheese

2 cups oatmeal
1 cup grated cheese

1 tablespoon butterine
1 level teaspoon salt

Cook the oatmeal in a double boiler for 2 hours with water and the salt. Shortly before serving stir in the butterine and the cheese and stir until the cheese is melted and thoroughly blended with the cereal. The cheese should be mild in flavor and soft in texture. The proportion of cheese used may be increased if a more pronounced cheese flavor is desired. This makes 6 servings.

Samp With Cheese Sauce

1 cup cooked samp or	1 cup milk
$\frac{1}{4}$ cup uncooked	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ tablespoons fat	$\frac{1}{2}$ cup grated cheese
2 tablespoons flour	

Soak the samp over night. Cook in a double boiler several hours. Make a white sauce by melting the vegetable fat, adding the flour mixed with the salt, and stirring until blended. Add the milk gradually, stirring until smooth and thick. Add the cheese when the sauce is nearly done and stir until it is melted. Pour over the samp. This may be served as it is, just sprinkled with paprika, or turned into a greased baking dish and sprinkled with soft crumbs from 1 slice of bread, and baked. If baked dot the crumbs with bits of butterine. A flat baking dish should be used. This makes 6 servings.

Fried Bread With Cheese

6 slices of bread	$\frac{1}{2}$ teaspoon salt
1 cup milk	$\frac{1}{2}$ teaspoon potassium bicarbonate
$\frac{1}{2}$ cup grated cheese	
Vegetable fat	

Scald the milk with the potassium bicarbonate; add the grated cheese, and stir until it dissolves. Dip the bread in this mixture and fry it in vegetable fat. The potassium bicarbonate helps to keep the cheese in solu-

tion. It is desirable, however, to keep the milk hot while the bread is being dipped. This makes 6 servings.

Cheese Sandwiches Sautéd

$\frac{1}{2}$ cup fresh cheese
 $\frac{1}{8}$ teaspoon salt

$\frac{1}{8}$ teaspoon paprika
12 thin slices bread cut oblong

Cream

Mash the cheese smooth with the cream. Add the salt and paprika, and spread the bread with the mixture. Press two together and sauté on both sides in 1 tablespoon of butterine. The fat should only cover the bottom of the pan. Serve very hot. This makes 12 servings.

Another method is to cut stale bread into thin pieces. Put 2 pieces together with grated cheese between them, dip into a mixture of egg and milk beaten together and fry in vegetable fat.

Cheese Sauce

1 cup milk
2 tablespoons flour

$\frac{1}{4}$ cup grated cheese
Salt and pepper

Thicken the milk with the flour and just before serving add the cheese, stirring until it is melted. This sauce is suitable to use in preparing creamed eggs, or to pour over toast, making a dish corresponding to ordinary milk toast, except for the presence of the cheese. It may be seasoned with a little curry powder and poured over hard boiled eggs.

Cheese Omelet

2 eggs
1 tablespoon butterine

1 tablespoon grated cheese
 $\frac{1}{8}$ teaspoon salt
Cayenne

Beat the eggs slightly, add the seasoning and $\frac{1}{2}$ teaspoon melted butterine. Melt the rest of the butterine, add to the mixture and cook until firm without stirring. Fold over and sprinkle with grated cheese. This makes 3 servings.

Creamed Cheese and Eggs

3 hard boiled eggs	$\frac{1}{4}$ cup grated cheese
1 tablespoon flour	$\frac{1}{2}$ teaspoon salt
1 cup milk	Speck cayenne
4 slices toast	

Make a thin white sauce with the flour and milk and seasonings. Add the cheese and stir until melted. Chop the egg whites and add them to the sauce. Pour the sauce over the toast, force the yolks through a potato ricer or a strainer and sprinkle over the toast. This makes 4 servings.

Baked Eggs With Cheese

4 eggs	1 cup bread crumbs
1 cup grated cheese	$\frac{1}{4}$ teaspoon salt
Cayenne	

Break the eggs into a buttered baking dish or into ramekins and cook them in a hot oven until they begin to turn white around the edge. Cover with the mixture of crumbs, cheese, and seasonings. Brown in a very hot oven. In preparing this dish it is essential that the oven be very hot or the eggs will be too much cooked before the cheese is brown. To avoid this the eggs may be covered with a white sauce before adding the crumbs. For those who are particularly fond of cheese the amount of cheese in this recipe may be very much increased, thus making a more nourishing dish. Or the amount may be reduced so as to give hardly more than the suggestion of a flavor of cheese. This makes 4 servings.

Scrambled Eggs With Cheese

$\frac{1}{2}$ lb. chopped cheese
8 eggs

1 tablespoon chopped parsley
 $\frac{1}{2}$ teaspoon salt

Beat the eggs slightly, mix them with the other ingredients and cook over a very slow fire, stirring constantly, so that the cheese may be melted by the time the eggs are cooked. This makes 12 servings.

Swiss Eggs

4 eggs
 $\frac{1}{2}$ cup cream
1 tablespoon butterine

$\frac{1}{4}$ cup grated cheese
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

Heat the butterine and cream together, break in the eggs whole, sprinkle with salt and pepper. When nearly done, add the cheese. Serve on buttered toast. Strain the cream over the toast. This makes 4 servings.

Beauregard Eggs

2 tablespoons butterine
4 hard boiled eggs
 $\frac{1}{2}$ teaspoon salt
1 teaspoon chopped parsley

1 tablespoon flour
 $1\frac{1}{2}$ cups milk
 $\frac{1}{4}$ teaspoon paprika

Boil the eggs for 20 minutes. Make a sauce of the butterine, flour, parsley, milk, and seasonings, and add the chopped eggs to it. When well heated and blended pour the mixture over buttered toast. This makes 6 servings.

Spanish Eggs

6 eggs
 $\frac{1}{8}$ cup stewed tomatoes
1 small onion
1 teaspoon salt

1 tablespoon lemon juice
2 dozen ripe olives
 $\frac{1}{4}$ teaspoon paprika
1 teaspoon celery salt

Beat the eggs slightly; put the tomato through a strainer and add the beaten eggs. Add the lemon juice, salt, paprika, the onion grated, and the celery salt. Cut the olives from their stones and add to the mixture. Turn into a double boiler and cook until thickened, stirring constantly. This may be served on toast. This makes 8 servings.

Stuffed Eggs

4 eggs	1 teaspoon mustard
1 tablespoon butterine	$\frac{1}{2}$ teaspoon salt
1 tablespoon olive oil	$\frac{1}{4}$ teaspoon paprika
1 teaspoon chopped parsley	

Boil the eggs 20 minutes; remove the shell and cut the eggs in halves lengthwise. Carefully remove the yolks and rub them to a smooth paste with the butterine, oil, mustard, parsley and seasonings. Fill the white halves with the mixture and serve with a white sauce flavored with capers. This makes 8 servings.

Fish Soufflé

2 tablespoons butterine	$\frac{3}{4}$ cup milk
3 tablespoons flour	3 eggs
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon paprika
1 cup flaked cooked fish	

Put the butterine in a sauce pan and when hot add the flour and stir until smooth; then add the milk and seasonings. Remove to the back of the stove and add the well beaten egg yolks and the fish. Mix well and set away to cool. When cold add the egg whites beaten to a stiff froth; turn into a greased baking dish and bake from 20 to 30 minutes. Serve the moment it comes from the oven. This makes 6 servings.

Creamed Fish

$\frac{1}{4}$ cup flaked cooked fish	$\frac{1}{2}$ cup milk
1 teaspoon butterine	$\frac{1}{4}$ teaspoon salt
1 teaspoon flour	Onion juice

Make a sauce of the butterine, flour, and milk. Add a few drops of onion juice and the salt. When cooked to a smooth sauce add the flaked fish and heat thoroughly. This makes 3 servings.

Baked Fish

Clean the fish, sprinkle with salt and fill with the stuffing; sew or skewer the edges together. Cut gashes on each side across the fish and put strips of salt pork in them. Grease the baking sheet and place the fish on it, dredge with flour, salt and pepper, and put the sheet into a baking pan with pieces of salt pork. Baste every 10 minutes. Serve with drawn butter, egg, or hollandaïse sauce. The number of servings depends upon the size of the fish.

Stuffing for Baked Fish

2 cups bread crumbs	1 teaspoon onion juice
$\frac{1}{2}$ teaspoon salt	1 teaspoon chopped parsley
$\frac{1}{8}$ teaspoon white pepper	1 teaspoon capers
Cayenne	$\frac{1}{4}$ cup melted butterine

Mix in the order given.

Halibut à la Poulette

$1\frac{1}{2}$ lbs. halibut	2 teaspoons lemon juice
$\frac{1}{4}$ cup butterine	$\frac{1}{4}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper	Onion juice

Clean the fish and cut it into 8 filets. Add the seasonings to the melted butterine. Take each filet with a fork, dip in the seasoned butterine, roll and fasten with a small wooden skewer. Put in a pan, dredge with flour and bake in a hot oven 15 minutes. When cooked remove the skewers and arrange on a plate with sprigs of parsley on the side. This makes 8 servings.

Macaroni and Oyster Croquettes

$\frac{1}{3}$ cup broken macaroni	$\frac{1}{4}$ cup grated cheese
1 pint oysters	$\frac{1}{2}$ teaspoon lemon juice
1 cup white sauce	$\frac{1}{2}$ teaspoon salt
Cayenne	

Break the macaroni in $\frac{1}{2}$ inch pieces and cook in boiling salted water until soft; then drain. Clean all pieces of shell from the oysters, parboil them and cut in pieces. Reserve $\frac{1}{2}$ cup of strained oyster juice and use in making the white sauce instead of using all milk. Mix the macaroni and oysters, add the white sauce and seasonings. Spread on a plate to cool. Then shape, dip in crumbs, beaten egg, and crumbs again. Fry in deep vegetable fat and drain. This makes 15 croquettes.

Rice Loaf

$\frac{3}{4}$ cup rice	$\frac{1}{4}$ teaspoon salt
1 cup salmon	$\frac{1}{4}$ teaspoon pepper
1 egg yolk	1 tablespoon chopped parsley
$\frac{1}{2}$ cup bread crumbs	

Line a greased bread pan or quart brick mold with warm steamed or boiled rice, making walls about 1 inch thick. Fill the center with salmon or other cold fish mixed with bread crumbs, seasoning and the egg yolk. Cover with rice. Cover the mold with greased paper, set in a pan of hot water and bake 1 hour in a moderate oven. Turn on a hot platter and pour eggless sauce around it. This makes 6 servings.

Eggless Sauce for Rice Loaf

2 tablespoons flour	$\frac{1}{4}$ teaspoon pepper
2 tablespoons butterine	$\frac{3}{4}$ teaspoon lemon juice
$\frac{1}{2}$ teaspoon salt	1 cup boiling water

Melt the butterine; add the flour mixed with the seasoning, stir until well blended, then gradually add the

water and stir until the boiling point is reached. Add the lemon juice and 1 more tablespoon of butterine. Mix well and serve.

Scalloped Codfish and Rice

$\frac{1}{4}$ cup rice	1 tablespoon flour
1 cup codfish	1 cup milk
1 tablespoon butterine	2 tablespoons bread crumbs

Cook the rice in boiling salted water until soft. Soak the codfish over night or put in cold water and bring to the boiling point. Drain and flake the codfish. Make a white sauce by melting the butterine, add the flour, stirring until well blended, and then add the milk. Stir until thickened. Spread rice and codfish and sauce in layers in a buttered baking dish. Cover with crumbs and bake about 20 minutes in a moderate oven. This makes 6 servings.

Scalloped Fish

Cold cooked fish may be prepared as for creamed fish, put in a baking dish, covered with bread crumbs and dots of butterine, and baked in the oven for 15 minutes.

Corn Meal Fish Balls

2 cups corn meal mush	1 egg
1 cup shredded codfish	1 tablespoon butter

Pick over the codfish and soak it to remove the salt if necessary. Combine the ingredients and drop by spoonfuls into hot vegetable fat. Drain on porous paper. These codfish balls compare favorably with those made with potatoes and are more quickly and easily prepared. This makes 15 balls.

Codfish Stew

1 cup diced codfish	1 cup diced raw potatoes
1 quart milk	2 tablespoons butterine

Soak the fish in lukewarm water until it is soft and the salt removed. Cook the potatoes in salted water until soft; then drain, add the codfish and milk and bring to the boiling point. Add the butterine, and salt to taste. A few drops of onion juice adds to the flavor. In place of the codfish any other salt fish or fresh fish may be used, or oysters or clams. This makes 6 servings.

Creamed Oysters

25 oysters
1 cup milk
Salt

$\frac{1}{2}$ cup oyster liquor
1 tablespoon butterine
1 tablespoon flour

Remove all pieces of shell from the oysters and strain the liquor. Make a sauce of the butterine to which is added the flour rubbed to a smooth paste in a little cold milk, then the rest of the milk and the liquor of the oysters. Season with salt to taste and paprika. Cook until all raw taste of the flour is gone, then add the oysters and cook a few minutes until the edges begin to curl. Cooking any longer makes them tough. This makes 5 servings.

Scalloped Oysters

Prepare oysters as for creamed oysters and put in a baking dish, cover with bread crumbs and dots of butterine and bake until the crumbs are well browned. Oysters may also be served in a tomato sauce and in this combination scalloped in a baking dish with bread crumbs over the top. Or put a layer of oysters in a baking dish, season, cover with bread crumbs and dots of butterine. Fill the dish with alternate layers, making the last a layer of crumbs, moisten with the oyster liquor, and bake in the oven until the crumbs are well browned.

Creamed Clams

25 clams	1 cup clam liquor
2 tablespoons butterine	1 cup milk
1 tablespoon flour	Salt, paprika

Scald the clams in their own liquor and chop fine. Make a sauce of the other ingredients. Put the butterine in a sauce pan, when melted, stir in the flour, being careful not to brown it. Then add the clam liquor slowly, and the milk. Season to taste with salt and paprika. When the sauce is well cooked so there is no raw taste of flour, add the chopped clams and heat thoroughly.

Clams prepared in this way may be put in a baking dish, covered with bread crumbs and baked in the oven until the crumbs are browned. Or they may be put in clam shells which have been well scrubbed, covered with crumbs and dots of butterine and baked in the oven until the crumbs are browned. This makes 6 servings.

Rice Croquettes

1 pint cold cooked rice	$\frac{1}{2}$ teaspoon salt
2 tablespoons milk	$\frac{1}{8}$ teaspoon white pepper
1 egg	$\frac{1}{2}$ tablespoons chopped parsley
2 tablespoons butterine	
Cayenne	

Warm the rice and milk in a double boiler. Add the beaten egg, butterine, and seasoning. Cook until the egg thickens. Spread the mixture on a shallow plate to cool, then shape into rolls or cones. Roll in fine bread crumbs which have been seasoned with pepper and salt, dip in beaten egg and roll in crumbs again. Cook in deep vegetable fat, such as lard compound, until a golden brown. Drain on unglazed paper. This makes 8 croquettes.

Rice Hash

1 cup bread crumbs	$\frac{1}{2}$ cup cooked rice
1 tablespoon butterine	1 teaspoon salt
1 onion	1 tablespoon chopped parsley
$1\frac{1}{2}$ cups canned tomatoes	Paprika
2 tablespoons uncooked rice	
or	

Cook the rice, if uncooked rice is used. Mix the tomatoes, crumbs, rice and parsley. Cut the onion in small pieces and sauté in butterine until a light brown and then add to the other mixture. Put the mixture in a well-greased frying pan and simmer for 25 minutes, or cook in a baking dish 25 minutes in a medium oven. This makes 5 servings.

Turkish Pilaf

$\frac{1}{2}$ cup rice	$\frac{3}{4}$ cup stewed tomatoes
1 cup stock	3 tablespoons butterine

Cook the rice and tomatoes with the stock in a double boiler until the rice is tender, removing the cover after the rice is cooked if there is too much liquid. Add the butterine and stir it in with a fork to prevent the rice from being broken. A little catsup or Chili sauce with water enough to make $\frac{3}{4}$ of a cup may be substituted for the tomatoes. This may be served as the main dish at a meal as it is savory and nutritious. This makes 5 servings.

Spanish Michel

2 cups spaghetti broken in	$\frac{1}{4}$ teaspoon pepper
1 inch pieces	$1\frac{1}{2}$ teaspoons salt
1 quart can tomatoes	1 onion
1 green pepper	$\frac{1}{8}$ lb. boiled ham

Cook the spaghetti in 1 quart of boiling salted water until tender, add the tomatoes, and cook 15 minutes

longer. Remove the fat from the ham and fry brown. Dice the onion and green pepper and fry slowly in the ham fat until tender. Add the onion and green pepper, the ham cut in small pieces, and the salt and pepper, to the spaghetti and tomatoes. Cook 15 minutes longer. This makes 8 servings.

Mock Sausage

$\frac{1}{2}$ cup dried lima beans	$\frac{1}{4}$ teaspoon salt
$\frac{1}{3}$ cup bread crumbs	$\frac{1}{2}$ teaspoon sage
3 tablespoons butterine	1 egg
Dash pepper	

Pick over and wash the beans, cover with water and let soak over night. Drain, cook in boiling salted water until tender about $1\frac{1}{2}$ hours. Force through a strainer, add the remaining ingredients. Shape into the form of sausages, roll in crumbs, egg beaten, and crumbs again. Sauté in vegetable fat until brown. It requires about $\frac{2}{3}$ cup of crumbs and $\frac{1}{2}$ an egg for dipping the sausages. Serve on a platter on slices of apples fried brown. $\frac{1}{2}$ cup of dried lima beans yields $1\frac{1}{4}$ cups soaked. This makes 5 sausages.

Mock Chicken

2 cups cooked beans	$\frac{3}{4}$ cup milk
$1\frac{1}{2}$ cups bread crumbs	$\frac{3}{4}$ teaspoon salt
2 tablespoons butterine	

Press the beans through a fine strainer. Add the milk. Arrange alternate layers of bean pulp and crumbs dotted with butterine in a greased baking dish. Cover with crumbs and bake in a moderate oven 45 minutes. Serve with tomato sauce. This makes 6 servings.

Green Pea Soufflé

1 cup cooked peas mashed	1 cup milk
3 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup butterine	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup flour	Onion juice

Cook $\frac{1}{8}$ peck of peas until tender; then mash them through a sieve. Make a sauce of the butterine, flour, and milk; or in place of the milk use 1 cup of the water in which the peas were cooked. Add this to the mashed peas with the seasoning and well-beaten egg yolks. Carefully fold in the egg whites, well beaten, put into a greased baking dish and bake in a slow oven until firm. This makes 6 servings.

Green Pea Loaf

1½ cups cooked peas rubbed	1 egg slightly beaten
through a sieve	1 slice onion chopped
1½ cups bread crumbs	1½ cups milk
Salt and pepper to taste	

Scald the milk, add the onion, bread crumbs, peas, and egg. Season to taste. Bake in a greased baking dish or timbale molds in a moderate oven until firm—about 20 minutes. Beans, mashed carrots, fish, or corn may be used instead of peas. This makes 6 servings.

Soy Bean Timbales

½ cup soy bean pulp	½ teaspoon salt
1 egg	2 drops onion juice
1 tablespoon butterine	Pepper

Soak the beans over night, then cook in salted water until soft. Press through a sieve. Add the beaten egg to the beans, season, and put in buttered molds. Bake in a moderate oven in a pan of water. Cover with greased paper while cooking. This makes 1 serving.

Bean Loaf

2 cups lima beans	1 tablespoon dried celery
1 cup bread crumbs	leaves or poultry season-
4 tablespoons peanut butter	ing
2 tablespoons minced onion	2 teaspoons salt
1 tablespoon bacon fat	¼ teaspoon pepper
1 cup water	

Wash and soak the beans over night, then cook in boiling water until soft, about 45 minutes. Drain, and when cool chop coarsely. Add the crumbs mixed with the seasonings and peanut butter, then add the liquid and fat. Put into a greased baking dish or bread pan and bake in a moderate oven 30 minutes. This makes 8 servings.

Boston Roast

2 cups dry beans	3 teaspoons salt
1 cup bread crumbs	$\frac{1}{2}$ cup water
2 cups grated cheese	1 tablespoon chopped onion

Soak beans 24 hours. Cook in salted water until soft. Drain, put through a meat grinder, add the onion, cheese, crumbs, more salt if needed, enough water in which the beans were cooked, about $\frac{1}{2}$ cup, to moisten. Form into a loaf. Bake in a moderate oven 40 minutes. Baste occasionally with hot water and butterine. This makes 10 servings.

Lima Bean Hollandaise

$1\frac{1}{2}$ cups dry lima beans	$\frac{1}{2}$ cup bean stock
2 tablespoons crisco	2 egg yolks
2 tablespoons butterine	1 tablespoon chopped parsley
1 tablespoon lemon juice	1 teaspoon salt
$\frac{1}{2}$ teaspoon paprika	$\frac{1}{4}$ teaspoon pepper

Soak the beans over night and cook until tender. Add the salt while cooking. Cream the crisco and butterine in a double boiler. Add the egg yolks, chopped parsley, lemon juice, and paprika. Beat well, and add the bean stock and seasoning. Add the beans, and stir over boiling water until the sauce thickens. Put in a baking dish and brown in the oven. This makes 6 servings.

Baked Cow Peas

2 cups cooked cow peas	2 cups boiled rice
1 chopped onion	2 cups stewed tomatoes
$\frac{1}{2}$ cup bread crumbs	Salt and pepper

Put the peas, rice, tomatoes, and onion, in layers in a buttered pudding or baking dish. Season well. Cover with bread crumbs and bake in a moderate oven until brown. This makes 6 servings.

Baked Yellow Soy Beans

2½ cups soy beans
¼ cup molasses

2 slices bacon
½ teaspoon salt

Pepper

Soak the beans in cold water for 12 hours. Drain, cover with water and simmer until tender. Place a layer of beans in a casserole, then molasses and bacon cut in small pieces; add seasoning. Repeat layers until the dish is full. Bake 2 hours. This makes 8 servings.

Baked Cow Peas and Cheese

2 cups cooked cow peas
1 tablespoon chopped onion
½ cup grated cheese

1 tablespoon butterine
1 tablespoon chopped sweet
green pepper

Press the peas through a sieve to remove the skins, and mix with the cheese. Cook the onion and pepper in the butterine, being careful not to brown, and add them to the peas and cheese. Season with salt and pepper to taste. Form the mixture into a roll, place on a buttered earthenware dish and cook in a moderate oven until brown, basting occasionally with butterine and water. Serve hot or cold. This make 5 servings.

Green Peppers Stuffed With Cow Peas

Cut sweet green peppers in two pieces lengthwise, remove all the seeds, and fill each piece with the mixture described in the above recipe. Place in a dish con-

taining a small amount of butterine and water. Bake in a moderate oven until the peppers are soft. Baste occasionally.

Baked Tomatoes With Cowpeas

Cut the tops from ripe tomatoes of uniform size, remove the pulp, and add it to the mixture described in the recipe for baked cow peas and cheese. Salt the tomatoes on the inside and fill them with the mixture. Put in a baking dish and bake in a moderate oven until the tomatoes are soft.

Tomato Pie

Skin and slice 4 tomatoes and put them in a deep pie dish, cover with chopped parsley, minced onion, sliced cucumbers, pieces of butterine, a sprinkling of sugar, salt and pepper. Spread mashed potatoes well seasoned over the tomatoes for an upper crust, sprinkle grated cheese over the potatoes and bake until evenly browned. This makes 5 servings.

Mushroom Pie

Peel and trim the mushrooms, sprinkle with pepper, salt, and cook in butterine until tender. Boil the potatoes, mash them, add salt, butterine, and milk. Line a buttered baking dish with the potatoes, put in the mushrooms and any juice that may have come from them. Cover with a crust of mashed potatoes and brown in the oven.

Irish Stew

12 potatoes	2 tablespoons butterine
6 large onions	1 tablespoon chopped parsley
1 carrot	
Salt and pepper	

Dice the potatoes, scald the onions and chop, mince the parsley and chop the carrot. Boil all together in a pint of water until the vegetables are cooked but not soft enough to lose their shape. Add the seasoning and butterine 15 minutes before serving. This makes 10 servings.

Fried Bananas

Peel the bananas and cut them in half lengthwise. Fry in hot vegetable fat until well browned. Season with salt and pepper and serve on slices of buttered toast.

Hominy and Tomato

2 cups cooked hominy	$\frac{1}{2}$ teaspoon salt
1 cup cooked tomato	$\frac{1}{4}$ teaspoon pepper
2 tablespoons butterine	$\frac{1}{2}$ cup bread crumbs
2 tablespoons flour	Cayenne

Heat the butterine, and the flour, salt, and pepper; stir well. Add the strained tomato and cook until the mixture thickens. Add the tomato mixture to the hominy and pour into a greased baking dish. Cover with buttered crumbs. Bake in a moderate oven until the crumbs are brown. This makes 8 servings.

Hominy Fritters

$2\frac{1}{2}$ cups hominy mush	1 small onion
$\frac{2}{3}$ cup crumbs	2 tablespoons chopped parsley
$\frac{1}{2}$ cup milk	1 teaspoon salt
2 eggs	$\frac{1}{8}$ teaspoon pepper

Mix the mush and crumbs; add the eggs well beaten, and the milk gradually to form a stiff paste; if the mush is very moist the full amount of milk will not be needed. Stir in the grated onion, parsley, salt, and pepper. Drop from a spoon into hot vegetable fat and fry a golden brown. This makes 20 fritters.

Hominy and Cheese Fritters

2½ cups hominy mush	½ cup milk
⅔ cup crumbs	½ cup grated cheese
1 teaspoon salt	

Mix the mush and crumbs. Add the eggs beaten, and the milk gradually to form a stiff paste; if the mush is very moist the full amount of milk will not be needed. Stir in the grated cheese and salt. Drop by spoonfuls into hot vegetable fat and fry a golden brown. This makes 20 fritters.

New England Baked Beans

Soak 1 pint of dried beans over night in cold salted water. Drain, rinse well and soak them for 2 hours longer in fresh water. Then rinse once more in order to take away the extreme beany taste that is generally present if the beans are not properly washed. Put the beans in a bean pot with a piece of salt pork, fill up with water nearly to the top of the beans and put them in the oven. Add salt if desired when the beans are put in the pot. They should bake 7 or 8 hours, and as the water evaporates fill up carefully with hot water.

Peanut Fondue

1 cup shelled peanuts	1 egg
1 cup bread crumbs	1½ teaspoons salt
1⅔ cups milk	Cayenne

Grind the peanuts in a meat grinder. Mix all the ingredients except the egg white. Beat the egg white stiff and fold in the mixture. Turn into a greased pudding or baking dish and bake in a moderate oven 30 to 40 minutes. This makes 6 servings.

COTTAGE CHEESE



COTTAGE CHEESE

Cottage cheese is cheaper than most meats at the present time and is a valuable substitute. A pound daily would supply all the protein required by an adult engaged in sedentary occupation. There is less waste than in meat and can be easily prepared in the home.

Heat 1 quart of sour milk to 96 degrees F. and put into a strainer lined with cheesecloth. Pour over it 1 quart of hot water. As soon as the water has dripped through, pour over another quart, and repeat. Tie the ends of the cheesecloth to form a bag and let it drip until the curd is removed from the whey.

If for any reason the milk was overheated at first and the curd becomes hard and tough, it should be put through a meat chopper. It is more economical to make it out of skim milk and add the fat at the end in the form of melted butter.

Before using, soften with cream or milk and add salt to taste. Chopped parsley, caraway seeds, chopped olives, and pimiento may be added for flavoring if such flavored cheese is preferred to plain cottage cheese.

French Cottage Cheese

Pour 1 quart of sour milk into an earthen mold which has holes in the bottom, or a very fine sieve may be used instead of the mold. The whey drips out and the curd assumes a custardlike consistency and takes the shape of the mold. When sufficiently stiff, the cheese is chilled, and is eaten with sweet cream and sugar. It is a staple dessert in many French families, especially in

hot weather, and is delicious served with acid fruit, as currants, or strawberries.

Cottage Cheese Rolls

To be used like meat rolls

A large variety of rolls, suitable for serving as the main dish at dinner, may be made by combining legumes, as beans of various kinds, cow peas, lentils, or peas, with cottage cheese, and adding bread crumbs to make the mixture thick enough to form into a roll. Beans are usually mashed, but small lima beans or peas may be combined whole with the crumbs and cheese. Enough of the liquor in which the vegetables have been cooked should be added to get the right consistency; or instead of beans or peas, chopped spinach, beet tops, or head lettuce may be used. Season with salt and paprika.

Boston Roast

1 can kidney beans or same	1 cup bread crumbs
quantity cooked beans	$\frac{1}{2}$ teaspoon salt
1 cup cottage cheese	Paprika

Mash the beans or put them through a meat grinder. Add the cheese and crumbs, enough to make the mixture sufficiently stiff to be formed into a roll. Bake in a moderate oven, basting occasionally with butter or other fat as crisco, and water. Serve with tomato sauce. This dish may be flavored with chopped onions cooked until tender in fat and a very little water. This makes 8 servings.

Pimiento and Cottage Cheese Roast

2 cups cooked lima beans	Bread crumbs
1 cup cottage cheese	Salt
3 canned pimientos chopped	

Put the beans, cheese, and pimientos, through a meat chopper. Mix thoroughly and add bread crumbs until it is stiff enough to form a roll. Brown in the oven, basting occasionally with butter or other fat, and water. Paprika may be added for seasoning. This makes 6 servings.

Cottage Cheese and Nut Roast

1 cup cottage cheese	Juice $\frac{1}{2}$ lemon
1 cup chopped English wal- nuts	2 tablespoons chopped onion
1 cup bread crumbs	1 tablespoon butter
	Salt and pepper

Cook the onion in butter or other fat and a little water until tender. Mix the other ingredients and moisten with the water in which the onion has been cooked. Pour into a shallow baking dish and brown in the oven. This makes 6 servings.

Cottage Cheese Sauce

For use with eggs, milk toast, or other dishes.

1 cup milk	2 tablespoons flour
1 tablespoon cottage cheese	Salt and pepper

Thicken the milk with the flour and just before serving, add the cheese, stirring until it is melted. This sauce may be used in preparing creamed eggs, or for ordinary milk toast. The quantity of cheese in recipe may be increased, making a sauce suitable for using with macaroni or rice.

Cottage Cheese Salad

Mix thoroughly 2 cups of cottage cheese, $1\frac{1}{2}$ tablespoons of cream, 1 tablespoon chopped parsley, and salt to taste. First fill a rectangular tin mold with cold water to chill and wet the surface; line the bottom with

waxed paper, then pack in 3 layers of the cheese, putting 2 or 3 parallel strips of pimiento, fresh or canned, between the layers. Cover with waxed paper and set in a cool place until ready to serve; then run a knife around the sides and invert the mold. Cut in slices and serve on lettuce leaves with French dressing, and wafers or thin bread and butter sandwiches. Minced olives may be used instead of the parsley, and chopped nuts also may be added. This makes 6 servings.

Cottage Cheese With Preserves

Pour over cottage cheese any fruit preserves, such as strawberries, figs, cherries, currants, etc. Serve with crackers. If preferred, cottage cheese balls may be served separately and eaten with the preserves. A very attractive dish may be made by dropping a bit of jelly into a nest of the cottage cheese.

VEGETABLES

TIME TABLE FOR COOKING VEGETABLES IN WATER

Potatoes	25 to 30 minutes
Carrots	35 to 45 minutes
Turnips	45 minutes
Beets (young)	45 minutes
Beets (old)	3 to 4 hours
Tomatoes	1 to 3 hours
Onions	45 to 60 minutes
Cabbage	30 to 60 minutes
Cauliflower	20 to 30 minutes
Asparagus	20 to 30 minutes
Spinach	30 to 45 minutes
Celery	20 to 30 minutes
Parsnips.....	30 to 45 minutes
Green peas	30 to 45 minutes
String beans	1 to 3 hours
Lima beans	1 hour or more
Green corn	12 to 20 minutes
Rice	20 to 45 minutes
Macaroni	20 to 45 minutes

Rules

Wash thoroughly, pare and scrape, if skins are to be removed. Stand in cold water until cooked to keep them crisp and to prevent them from becoming discolored. Cook in boiling water; the water must be kept at the boiling point. Use 1 teaspoon of salt to 1 quart of water; the salt may be put into the water when the

vegetables are partly cooked. The water in which the vegetables are cooked is called vegetable stock.

Fresh green vegetables require less water than others. Cabbage, cauliflower, onions, and turnips, should be cooked uncovered in a large amount of water. All vegetables should be drained as soon as tender.

Canned Vegetables: Wash the can. Empty contents from the can as soon as opened lest the acid therein act on the tin and produce poisonous compounds, and let the vegetable stand some time that it may become re-oxygenated. Beans, peas, asparagus, etc., should be drained and rinsed in cold water.

Dried Vegetables: Wash and soak in cold water several hours before cooking.

Boiled Cabbage

Cut a small head of cabbage into 4 parts, cutting down through the stock. Soak for $\frac{1}{2}$ hour in a pan of cold water to which has been added 1 tablespoon of salt; this is to draw out any insects that may be hidden in the leaves. Take from the water and cut into slices. Have a large sauce pan half full of boiling water; put in the cabbage, pushing it under the water with a spoon. Add 1 tablespoon of salt and cook from 25 to 45 minutes, depending upon the age of the cabbage. Turn into a colander and drain for 2 minutes. Put in a chopping bowl and mince. Season with butterine, pepper, and more salt if needed. Allow 1 tablespoon of butterine to a generous pint of the cooked vegetable. Cabbage cooked in this manner will be of a delicate flavor. Open the kitchen windows top and bottom while the cabbage is cooking and there will be little or no odor in the house.

Cabbage Cooked With Pork

For a small head of cabbage use $\frac{1}{2}$ pound of salt pork. Boil the pork gently for 3 or 4 hours. Prepare

the cabbage as for boiled cabbage. Drain well and put on to boil with the pork. Boil rapidly for 25 to 45 minutes. Serve the pork with the cabbage. The vegetable may require a little more salt.

Cabbage Au Gratin

Boil the cabbage, put it in a colander and press out all the water; then put it in a chopping bowl and mince. Put a layer of the cabbage in a baking dish and cover with a layer of cheese, and a layer of white sauce made of 1 cup of milk, 1 tablespoon of flour, 2 tablespoons of butterine, seasoned with salt and pepper. Fill the baking dish with layers in this order, making the top layer of bread crumbs dotted with bits of butterine. Bake in the oven until the crumbs are nicely browned. The sauce bubbling through the crumbs is an indication that it has been sufficiently cooked.

Creamed Cabbage

1 pint boiled minced cabbage	1 teaspoon flour
$\frac{1}{2}$ pint hot milk	$\frac{1}{2}$ teaspoon salt
1 tablespoon butterine	$\frac{1}{2}$ teaspoon pepper

Put the cabbage, hot milk, salt, and pepper in a sauce pan on the fire. Beat the butterine and flour together until creamy, then stir into the contents of the sauce pan. Simmer 10 minutes, being careful not to scorch the sauce; serve very hot. This makes 6 servings.

Purée of Cabbage and Potatoes

1 pint boiled minced cabbage	2 teaspoons salt
6 medium sized potatoes	$\frac{1}{2}$ teaspoon pepper
2 tablespoons butterine	$\frac{1}{2}$ pint hot milk

Peel the potatoes and put them in a sauce pan with boiling water enough to cover them. Cook 30 minutes;

pour off the water and mash fine and light. Beat in the hot milk, seasoning, and cabbage. Cook 5 minutes longer. This makes 8 servings.

Cauliflower

Remove all the large green leaves and the greater part of the stalk. Put the head down in a pan of cold water which contains to each quart of water, 1 teaspoon of salt and 1 teaspoon of vinegar. Let it soak in this water 1 hour or more. This is to draw out any insects that may be concealed in the vegetable. When ready to cook the cauliflower put it in a large sauce pan, stem end down, and cover with boiling water. Add 1 tablespoon of salt and cook with the cover of the sauce pan partly off, boiling gently all the time. A large compact head will require a full $\frac{1}{2}$ hour, small heads from 20 to 25 minutes. If the flowers are loose the heat penetrates to all parts quickly. When compact a little extra time should be allowed for the cooking, but the time must never exceed the $\frac{1}{2}$ hour. The cauliflower begins to deteriorate the moment it is overcooked. Overcooking will be noticed by the strong flavor and dark color. If this vegetable is to be kept warm any time, cover the dish with a piece of cheese cloth.

Creamed Cauliflower

1 pint cooked cauliflower	1 tablespoon butterine
1 pint milk	$\frac{1}{2}$ tablespoon flour
1 teaspoon salt	$\frac{1}{3}$ teaspoon pepper
3 slices toasted bread	

Break the cooked cauliflower into branches and season with $\frac{1}{2}$ the salt and pepper. Put the butterine in a saucepan on the fire. When hot add the flour and stir until smooth and frothy, then gradually add the milk, stirring all the time. When the sauce boils add the salt,

pepper, and the cauliflower. Cook 10 minutes and serve on the slices of toast. This makes 6 servings.

Scalloped Cauliflower

Follow the directions for boiling cauliflower. Drain and put a layer of boiled cauliflower in a baking dish, cover with a white sauce made of flour, milk, salt, pepper, and grated cheese. Fill the dish and cover with bread crumbs dotted with bits of butterine. Put in the oven for 15 minutes until evenly browned.

Cauliflower and Tomatoes

1 cauliflower	$\frac{1}{2}$ cup grated cheese
3 tomatoes	1 cup bread crumbs
3 tablespoons butterine	Salt and pepper

Cook the cauliflower until tender, then pass it through a coarse sieve with the tomatoes which have been skinned. Add the cheese, melted butterine, and seasoning. Stir very lightly and put into a baking dish. Sprinkle with bread crumbs and bake from 20 minutes to $\frac{1}{2}$ hour. This makes 6 servings if a small head of cauliflower and medium sized tomatoes are used.

Savory Cauliflower

1 cauliflower	1 chopped onion
2 tablespoons butterine	1 chopped carrot
1 tablespoon flour	1 tablespoon chopped celery
Salt and pepper	

Fry the onion, carrot, and celery together in the butterine. When browned, shake in the flour, pour on 1 pint of boiling water, stirring it well all the time, and cook gently for $\frac{1}{2}$ hour. Strain through a fine sieve. Boil the cauliflower separately until well cooked, drain,

and pour this sauce over it. Put in the oven a few minutes and serve very hot.

Boiled Brussels Sprouts

Remove the wilted or yellow leaves from the little heads, cut the stock close to the head and soak in salted cold water for 1 hour or more. Drain well and put in plenty of boiling salted water, allowing 1 teaspoon of salt to 2 quarts of water. Boil rapidly for 15 or 20 minutes, the time depending upon the size of the heads. When done, turn into a colander and pour cold water over them. They are now ready to sauté or serve with a cream sauce. Or the boiling water may be drained from the sprouts, which may then be seasoned with salt and pepper and melted butter poured over them.

Creamed Brussels Sprouts

Prepare the brussels sprouts as in the above recipe. Make a cream sauce of 1 tablespoon of flour, 1 tablespoon of butter, salt and pepper, and enough milk to give the sauce the right consistency. Pour the sauce over the cooked sprouts, allowing 1 cup of sauce to each pint of sprouts.

Brussels Sprouts Sauté

1 quart brussels sprouts	$\frac{1}{2}$ teaspoon salt
3 tablespoons butterine	$\frac{1}{2}$ teaspoon pepper

Boil the sprouts and drain well. Put them in a broad sauce pan with the butterine and seasoning. Place over a hot fire and shake frequently. Cook 5 minutes and serve. This makes 8 servings.

Minced Kale

Remove all the old, tough leaves. Wash the kale thoroughly and drain, then cook in a kettle of boiling water

to which has been added salt in the proportion of 1 tablespoon to 4 quarts of water. Boil rapidly with the cover off the kettle, until the vegetable is tender. Pour off the water and chop the kale rather fine; then put back into the kettle and add 1 tablespoon of butter and 2 of meat broth or water for each pint of the minced kale. Add more salt if required. Cook 10 minutes and serve. The time required for cooking kale varies from 30 to 50 minutes; if fresh from the garden it takes 30 minutes.

Boiled Kohl-Rabi

Wash and pare young kohlrabi, using vegetables of not more than 2 or 3 inches in diameter. Cut in thin slices, put into slightly salted water and boil with the cover partly off the sauce pan until the vegetable is tender, which will be from 30 to 50 minutes. Pour off the water and season with salt and pepper and melted butter.

Spinach

To clean the spinach, cut off the roots, break the leaves apart and drop them into a large pan of water; rinse them well in this water and put them in a second pan of water. Continue washing in fresh water until there is not a trace of sand in the bottom of the pan. If the spinach is at all wilted let it stand in water until it is fresh and crisp. Drain from this water and cook. For $\frac{1}{2}$ peck of spinach have in a large sauce pan 3 quarts of boiling water and 1 tablespoon of salt. Put the drained spinach in the boiling water and let it boil 10 minutes, counting from the time it begins to boil. When it begins to boil draw the cover from the pan to one side to allow the steam to escape. At the end of 10 minutes pour the spinach into a colander and when well drained, pour cold water over it. Let it drain well and

mince fine. One peck of spinach will make about 1½ pints when cooked and minced.

Spinach With Egg

½ peck spinach	2 eggs
3 tablespoons butterine	3 teaspoons salt
½ teaspoon pepper	

Wash and boil the spinach using 2 teaspoons of salt in the water in which the spinach is boiled. Drain the cooked spinach and chop very fine; return it to the sauce pan and add the salt, pepper and butterine. Place on the fire and cook 10 minutes. Heap in a mound in a hot dish and garnish with hard boiled eggs cut in slices. This makes 6 servings.

Spinach Cutlets

Wash thoroughly ¼ peck of spinach, cook it in salted boiling water to cover for 10 minutes. Strain and rub through a sieve. Add 1 cup of bread crumbs, 1 tablespoon of minced onion, and the water in which the spinach was cooked, and stir over the fire until the mixture leaves the side of the pan. Melt 1 tablespoon of butterine, mix in 1 tablespoon of flour, add the spinach and cook until quite thick. Add more bread crumbs and seasoning if necessary. Turn on a plate, form into a flat cake and leave until cold. Then shape into cutlets and fry in deep fat. This makes 6 cutlets.

Creamed Spinach

½ peck spinach	1 teaspoon salt
2 tablespoons butterine	½ teaspoon pepper
1 tablespoon flour	½ pint cream

Boil and mince the spinach. Put the butterine in a sauce pan on the fire. When hot add the flour and stir

until smooth and frothy, then add the minced spinach, salt and pepper. Cook 5 minutes, then add the milk or cream heated, and cook for 3 minutes longer. This makes 6 servings.

Boiled Lettuce

Wash 4 heads of lettuce, carefully removing the thick stalks and tough outer leaves. Cover well with boiling salted water and cook for 15 minutes; then place for 2 minutes in cold water. Drain, chop lightly, and put into a sauce pan with 1 tablespoon of butter, 2 tablespoons of cream, 1 teaspoon of flour, salt and pepper. Cook for 5 minutes and serve with a border of well-seasoned mashed potatoes.

Swiss Chard

This vegetable is a variety of beet in which the leaf stalk and midrib have been developed instead of the root. It is cultivated like spinach, and the green, tender leaves are prepared exactly like that vegetable. The midribs of the full-grown leaves may be cooked like celery.

Beet Greens

Do not separate the roots from the leaves. Wash thoroughly in many waters. Put into a sauce pan and cover with boiling water. Add 1 teaspoon of salt for every 2 quarts of greens. Boil rapidly until tender, about 30 minutes. Drain off the water, chop fine and season with salt and butter.

Asparagus

Cut off the woody part and scrape the lower part of the stalks. Wash well and tie in bunches. Put into a deep pan, with the cut end resting on the bottom of the pan. Pour in boiling water to come up to the tender heads but not to cover them. Add 1 teaspoon of salt for

each quart of water and place where the water boils. Cook until tender, having the cover partly off the sauce pan. This will be from 15 to 30 minutes, depending upon the freshness of the vegetable. Put some slices of buttered toast on a platter, arrange the asparagus on the toast and season with butter and salt. Save the water in which the asparagus was boiled to use in making soup.

Creamed Asparagus

Wash the asparagus well, remove the scales and cut into 1-inch pieces. Cover with boiling salted water and cook 15 minutes or until tender. Drain off the water and serve on pieces of toast on a platter. The cream sauce which covers the asparagus may be made from hot milk and cream in the proportion of $\frac{1}{3}$ cream and $\frac{2}{3}$ milk and seasoned with salt, pepper, and butterine. Or a white sauce may be made of 1 tablespoon of butterine, 1 tablespoon of flour, 1 teaspoon of salt, $\frac{1}{2}$ teaspoon of pepper and sufficient milk to make the proper consistency. Melt the butterine in a sauce pan, rub the flour to a smooth paste with some cold milk, and add it to the butterine with the seasoning and the rest of the milk.

French Artichokes

Remove all the hard outer leaves and cut off the stem close to the leaves. Cut off the top of the bud. Put the artichokes into boiling water and cook until tender, which will be from 30 to 50 minutes. Drain off the water and remove the choke. Serve hot with melted butter; or cold with French dressing.

Boiled Peas

Put 1 quart of shelled peas in a sauce pan and add enough boiling water to cover them generously. Place

over a hot fire and when they begin to boil draw back to where the water will bubble gently. Keep the cover partly off the pan. When the peas are tender, which will be from 20 to 30 minutes, add 1 teaspoon of salt and 2 tablespoons of butterine and cook for 5 minutes longer. Drain and serve very hot. This makes 10 servings.

Peas With Pork

1 quart peas	$\frac{1}{2}$ cup water
4 ounces pork	2 small white onions
1 tablespoon butterine	$\frac{1}{8}$ teaspoon pepper

Cut the pork into small pieces. Put the butterine in a sauce pan on the fire. When the butterine is melted add the pork and cook gently until a light brown, then add the water, peas, onions, and pepper. This is a good way to cook peas when they are a little old and hard. This makes 10 servings.

Creamed Peas

Put 1 quart of shelled peas in a sauce pan and cover generously with boiling water. Place over a hot fire and when the water begins to boil draw the pan to one side where the water will bubble gently. Leave the cover partly off. In about 25 minutes when soft add 1 teaspoon of salt, 2 tablespoons of butterine, 2 tablespoons of cream, salt and pepper. Heat well and blend. This makes 10 servings.

Peas and Potatoes

1 pint shelled peas	2 tablespoons butterine
1 pint new potatoes	2 tablespoons flour
$1\frac{1}{2}$ cups milk	1 teaspoon salt

Cook the peas in boiling water for about 25 minutes until soft. Scrape the new potatoes and cook in boiling

salted water to cover. When tender drain and dry by shaking gently over the flame, and add the peas. Make a white sauce of the milk, butterine, flour, and salt and pour it over the peas and potatoes. Cook for 5 minutes before serving. This makes 8 servings.

Purée of Peas

Cook the peas slowly in boiling water until tender, about 30 minutes, then press them through a strainer. Return to the sauce pan and add $\frac{1}{2}$ cup of milk, 1 teaspoon of salt, 1 tablespoon of butterine, $\frac{1}{2}$ teaspoon of pepper, and mix well. Cook for 5 minutes. This method removes the tough skin of old peas and makes the peas more palatable. If 1 quart of peas are used this recipe makes 6 servings.

Sugar Peas

Use pods in which the peas are still very small. String them like beans and cut into 2 or 3 lengths. Cover with boiling water and boil gently until tender. If they are fresh they will cook in 25 or 30 minutes. Pour off some of the water which may be used in soup. Season with salt and butterine. When the peas have grown large and the pods are tough, they may be shelled and cooked like any other variety of peas.

String Beans

If the beans are in the least wilted they should be freed from the strings, unless they are the stringless variety, cut up, and soaked for several hours in cold water. Drain off the water and put them into water that is boiling rapidly, allowing 1 teaspoon of salt to 2 quarts of water. Boil rapidly with the cover of the sauce pan

partly off for 20 minutes. Turn into a colander. Return to the sauce pan with 1 tablespoon of butterine, 1 teaspoon of salt, and $\frac{1}{2}$ teaspoon of pepper. Cook 10 minutes being careful not to burn. This makes 8 servings.

String Beans With Pork

1 quart boiled beans
2 ounces pork

1 pint hot water
1 teaspoon flour

Cut the pork into dice and put in the sauce pan. Cook slowly for 20 minutes, then add the water. Mix the flour with a few spoons of cold water; stir into the pork and water. Place the pan where the contents will cook slowly for 1 hour. At the end of this time add the beans and cook $\frac{1}{2}$ hour. Add more salt if required. A tablespoon of butterine added just before serving improves the flavor of this dish. This makes 8 servings. Butter beans, the varieties of string beans which are yellow in color, may be cooked like the green string beans.

Stewed Shelled Beans

1 quart shelled beans
 $\frac{1}{4}$ pound salt pork
1 onion

1 tablespoon flour
1 quart boiling water
Salt

$\frac{1}{2}$ teaspoon pepper

Cut the pork in slices and fry it slowly 10 minutes in a sauce pan. Add the onion, cut fine, and cook 20 minutes very slowly. Cover the beans with boiling water and boil 10 minutes. Drain off the water. Put the beans and flour in the pan with the pork and onion, and stir over the fire for 5 minutes. Add the quart of boiling water and pepper. Place the sauce pan where the contents will simmer for 2 hours. Add salt if necessary. This makes 8 servings.

Lima Beans

Cover 1 quart of the shelled beans with boiling water. Place on the fire where they will boil quickly, then draw back to where they will just simmer until done, about 1 hour. When tender pour off the water. Season with 1 teaspoon of salt and 2 tablespoons of butterine. This makes 8 servings.

Or drain the water from the beans. Put the butterine in a sauce pan with 1 tablespoon of flour. Stir over the fire until smooth and frothy, then add the beans and stir over the fire for 5 minutes. Draw back and add $\frac{1}{2}$ pint of water, meat stock, or milk. Simmer 10 minutes. A teaspoon of fine herbs may be added a few minutes before serving.

Boiled Potatoes

If the potatoes are to be boiled in their skins wash them until clean and then with a sharp knife cut a narrow band of the skin from the center of each potato and a little piece from the ends. If the potatoes are to be peeled, use a very sharp knife and remove the thinnest possible layer. The skins may be scraped off if preferred and there are special knives for this purpose. Put the potatoes in a covered pan, cover generously with boiling water. Medium sized potatoes will be cooked in 30 minutes, small potatoes in 2 minutes less time, and large potatoes in about 35 minutes. Let the potatoes boil for 15 minutes then add 1 tablespoon of salt for 12 potatoes. When the potatoes are tender, drain off every drop of water and let the steam pass off. They are now ready to serve but will be improved by being kept hot for an hour or more if they are well ventilated in such a way that they dry rather than retain moisture.

When boiled potatoes are to be kept warm for any length of time, place the pan containing them on the

range on a tripod or iron ring and cover the potatoes with one thickness of cheese cloth. This protects them from the cold air and allows the moisture to pass off.

Baked Potatoes

Select potatoes having a smooth, unmarred surface, and of uniform size. Wash perfectly clean and let them drain. Put them in an old baking pan kept for this purpose and put in a hot oven. If the potatoes are of medium size 40 minutes will be required for the cooking. If many potatoes are cooked at once the cold potatoes will lower the temperature of the oven and 1 hour will be required to complete the cooking. Baked potatoes should be served at once but if they must be kept any time after cooking, break them in order that the moisture may escape. Keep them in a warm oven or covered with cheese cloth on the range in a pan.

Mashed Potatoes

Boil the potatoes and drain well as it is important that they should be dry. Put them through a sieve or a ricer and return to the sauce pan. Beat in 1 tablespoon of butterine until it is thoroughly mixed, then add $\frac{1}{2}$ cup of milk or cream, and season with salt and pepper. Beat well and pile lightly on the serving dish. Serve immediately.

Potatoes With Egg or Cheese

Mix riced potatoes with 2 tablespoons of butterine or other vegetable fat, 1 teaspoon of salt, a shake of paprika, and $\frac{1}{2}$ cup of milk. Beat with a silver fork until creamy and put in a baking dish. Smooth the surface of the potatoes and cover with a beaten egg, putting the dish in the oven for a minute or two until the egg is

slightly browned. Or instead of the egg, mix $\frac{1}{2}$ cup of milk with $\frac{1}{2}$ cup of grated cheese, season with pepper and salt and spread over the potatoes. Put in the oven until brown.

Creamed Potatoes

Prepare the potatoes as for boiling, then cut in $\frac{1}{2}$ inch cubes. Soak in cold water $\frac{1}{2}$ hour then cook in boiling salted water until soft. Drain thoroughly. Make a sauce of 1 tablespoon of butterine, 1 tablespoon of flour, 1 teaspoon of finely chopped onion, 1 cup of milk, salt and pepper. Reheat the potatoes in the sauce.

Or cut cold boiled potatoes into cubes. Put 2 tablespoons of butterine in a sauce pan, rub in 1 tablespoon of flour, add 1 cup of milk, 1 teaspoon of chopped chives or chopped parsley, salt and pepper. When well cooked, put in the potatoes and let them remain until they are very hot. Serve immediately.

Potatoes Au Gratin

4 medium sized potatoes	3 tablespoons flour
1 cup bread crumbs	2 cups milk
$\frac{1}{4}$ pound grated cheese	$\frac{1}{2}$ teaspoon pepper
3 tablespoons butterine	1 teaspoon salt

Peel and boil the potatoes, chop, and spread in the bottom of a baking dish. Cover with grated cheese and a layer of the bread crumbs, then pour over all the sauce, made as follows: rub together the flour and butterine, add a little hot milk, then the remainder of the milk, and salt and pepper. Cook 20 minutes in a double boiler. Pour the sauce slowly over the potatoes so it will permeate them thoroughly, then sprinkle the top with another layer of crumbs and bake in a quick oven until browned.

Stuffed Potatoes

Select 6 medium sized potatoes and bake. Remove from the oven, cut a slice from the top or side of each; if large cut in half, and scoop out the inside. Mash, add 2 tablespoons of butterine, 1 teaspoon of salt, $\frac{1}{2}$ teaspoon of pepper, and 2 tablespoons of milk. Then add the whites of 2 eggs well beaten. Refill the skins and bake 5 to 8 minutes in a hot oven. The potatoes may be sprinkled with grated cheese, chopped parsley, or paprika before putting into the oven. This makes 6 servings.

Potato Cakes

Form cold mashed potatoes into cakes an inch thick. Roll them in flour, brush over with milk, and bake in a hot oven for 5 minutes or fry in vegetable fat.

Fried Potatoes

Chop cold boiled potatoes into small pieces. Put in a frying pan 1 tablespoon of butterine and 1 tablespoon of chopped onion and cook the onion until tender. Add the potatoes and seasoning and fry until a light brown.

Potato Puffs

Wash and peel the potatoes. Cut them in slices $\frac{1}{8}$ inch thick and the length of the potato, making the slices as nearly of the same size as possible. Put them in ice water for 20 minutes; drain and dry thoroughly on a soft cloth. Cook them in deep hot oil or fat for a few minutes. Take them out, allow the oil to become smoking hot, put the slices in again and fry to a golden brown, when they will puff into balls. Drain on a paper; sprinkle with salt and discard any that do not puff.

Potato Balls

Form mashed potatoes into balls and with a teaspoon make a depression in the top of each. Mix 1 cup of grated cheese with salt and butterine, and put 1 teaspoon into the hollow of each potato ball. Mold the ball so that the stuffing is concealed and brown in the oven or sauté.

Savory Potatoes

Cut an onion and 2 tomatoes and put them in a well-greased baking dish. Make the next layer of sliced potatoes, the next of chopped peppers. Make the top layer of potatoes, season with salt and pepper and dot with butterine. Fill the dish with boiling water and bake in a slow oven 3 hours.

Browned Potatoes

Boil the potatoes. Place them in a shallow baking dish and for every $\frac{1}{2}$ dozen medium sized potatoes used, melt 1 tablespoon of butterine, and with a brush spread lightly over the potatoes. Put in a hot oven and bake to a golden brown.

Scalloped Potatoes

6 medium sized potatoes	3 cups milk
2 teaspoons salt	5 tablespoons crumbs
3 tablespoons butterine	1 small onion
2 tablespoons flour	

Peel and slice the potatoes and arrange in a layer in a baking dish. Put a little of the finely minced onion, bits of butterine, and a sprinkle of salt over this. Dredge slightly with flour and then place another layer of potatoes, and continue to fill the dish, arranging the in-

gredients in the same order as for the first layer. Heat the milk and pour it over the potatoes. Over all sprinkle the bread crumbs and cook 1 hour in a moderate oven. This makes 8 servings.

Colcannon

Mix 1 cup of mashed potatoes and 1 cup of chopped greens to a smooth paste, add 1 tablespoon of butter, with salt and paprika to taste. Sprinkle with bread crumbs, brown in the oven and serve very hot.

Baked Sweet Potatoes

Wash the potatoes and bake the same as white potatoes. Small ones will bake in $\frac{1}{2}$ hour while very large ones will require 1 hour or more. If the potatoes are liked very moist and sweet, bake from 1 to 2 hours, depending on the size.

Browned Sweet Potatoes

Boil medium sized potatoes 45 minutes. Scrape off the skin and cut in half lengthwise. Put them in a baking dish and baste with savory drippings and season with salt. Cook them in a hot oven for 20 minutes.

Fried Sweet Potatoes

Cut boiled potatoes in slices and fry brown in savory drippings or crisco. Or the potatoes may be cut in 4 parts lengthwise, put in a frying basket and cooked for 10 minutes in smoking hot fat. The fat must be deep enough to cover the potatoes.

Glazed Sweet Potatoes

Wash 6 medium sized potatoes and cook 45 minutes in boiling water. Drain, scrape off the skins, and put in a

greased pan. Make a syrup by boiling 3 minutes $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ cup water; add 1 tablespoon butterine. Brush the potatoes with the syrup and bake 15 minutes, basting at least twice with the remaining syrup. This makes 6 servings.

Sweet Potatoes Baked With Apples

Fill a baking dish with layers of small pieces of cold boiled sweet potatoes and pieces of apples. Sprinkle with salt and dot with small pieces of butterine. Make the last layer of bread crumbs and bake in a hot oven for 20 minutes.

Jerusalem Artichoke

Cut the washed and peeled artichoke into cubes, put in a sauce pan and cover with milk, 1 pint to 1 quart of cubes. Add 1 small onion and cook 20 minutes. Beat together 1 tablespoon of butter and 1 tablespoon of flour, and stir this into the boiling milk. Then season with 1 teaspoon of salt and $\frac{1}{4}$ teaspoon of pepper and continue cooking $\frac{1}{2}$ hour longer. The cooking should be done in a double boiler.

Boiled Turnips

This vegetable is generally spoiled by over cooking. The flat, white turnip, when sliced, will cook in 30 minutes. If the cooking is prolonged beyond this time, the vegetable begins to deteriorate, growing dark and strong in flavor. The winter turnips require from 45 to 60 minutes. Peel and slice the turnips. Drop the slices into a sauce pan with enough boiling water to cover generously. Cook until tender, then drain well. If they are to be mashed put them back in the pan; mash with a wooden vegetable masher as metal imparts an unpleasant taste. Season with salt, butter, and a little pepper.

Hashed Turnips

Chop the drained turnips into rather large pieces. Return to the sauce pan and for $1\frac{1}{2}$ pints of turnips add 1 teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper, 1 tablespoon of butter, and 4 tablespoons of water. Cook over a very hot fire until the turnips have absorbed the seasonings. Serve at once. Or the salt, pepper, butter, and 1 tablespoon of flour may be added to the hashed turnips; then the pan placed over the hot fire and shaken frequently to toss up the turnips. When the turnips have been cooking 5 minutes in this manner add $\frac{1}{2}$ pint of meat stock or of milk, and cook 10 minutes.

Carrots

Wash the carrots, scrape them lightly and cut into balls with a French potato scoop, or dice. Put in a sauce pan with salted boiling water, allowing 1 teaspoon of salt for 1 quart of water and boil until tender. Young carrots will cook in 30 minutes, old ones in 45. Drain and season with salt, pepper and butter.

Creamed Carrots

5 medium sized carrots
1 teaspoon salt

2 tablespoons flour
Water to cover

Wash, scrape, and cut the carrots in pieces. Cover with boiling water, add the salt, cook until tender, about 30 minutes, letting the water boil down until only 1 cup remains. Thicken the water with 1 tablespoon of flour blended with 2 tablespoons of cold water. Cook 5 minutes longer and serve. This makes 5 servings.

Carrots a L'Allemande

Wash and scrape young carrots; boil them in salted water and drain. Put them in a sauce pan; for each

pint of carrots add 1 tablespoon of butterine, 1 teaspoon of sugar, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{2}$ cup water. Cook over hot fire until the carrots have absorbed the seasoning and liquids.

Parsnips

The simplest way to cook parsnips is to wash them, boil, and scrape off the skin. Then cut in slices and season with pepper and salt and butterine. When the parsnips are tender they will cook in 35 minutes; when old they take from 40 to 50 minutes.

Fried Parsnips

Wash the parsnips, boil until tender, put them in cold water and scrape off the skin. Then cut in slices lengthwise about 1 inch thick. Season with salt, dip in flour, and fry on both sides until evenly browned. Or mash boiled parsnips, add 1 tablespoon of butterine, $\frac{1}{2}$ teaspoon of pepper, 1 teaspoon of salt, 1 tablespoon of flour, form into cakes and fry on both sides until evenly browned.

Creamed Parsnips

Cooked and peeled parsnips may be cut into 1 inch pieces, seasoned with salt, and put in a sauce pan with hot milk enough to cover them. Place the pan on the range where the heat is moderate. For $1\frac{1}{2}$ pints of parsnips beat together 1 tablespoon of butterine and 1 teaspoon of flour. Stir into the parsnips and milk. Simmer for 10 minutes.

Salsify or Oyster Plant

To prevent this root from turning black it must be dropped as soon as it is pared and cut into a mixture

of flour and water made slightly acid with vinegar. For 6 good sized roots mix together 1 tablespoon of vinegar, 2 tablespoons of flour, 1 teaspoon of salt, and 3 pints of water. Wash and scrape the roots, then cut into slices about 3 inches long. Drop into the prepared water. Place the sauce pan on the fire and cook the salsify 30 minutes, counting from the time it begins to boil. Drain and serve in a white sauce made of 1 tablespoon of flour, 1 tablespoon of butterine, $\frac{1}{2}$ teaspoon of salt and sufficient water to make the sauce the proper consistency.

Fried Salsify

Boiled salsify may be cut in slices, dipped in flour and fried on both sides until evenly browned. Or it may be mashed, seasoned, and mixed with enough flour to hold the vegetable firm; form into cakes and fry in butterine or some vegetable fat, browning both sides.

Mock Oysters

6 salsify roots	3 tablespoons flour
1 cup nuts	1 teaspoon salt
1 cup boiled rice	1 saltspoon pepper
	2 eggs

Chop the nuts, mix them with the boiled rice and add all the seasonings. Boil the salsify until tender, press through a coarse sieve or colander and add the well-beaten eggs. Combine the 2 mixtures and if too thick to drop from a spoon, add a little milk. Drop by tablespoons into hot fat, or into a greased frying pan and brown evenly. This makes 10 servings.

Buttered Beets

Wash the beets, being careful not to break the skin. Put into a sauce pan and cover generously with boiling

water and boil until tender. Young beets will cook in 1 hour. As the beets grow old the time of cooking must be increased. In winter this vegetable becomes so hard it may require 4 hours or more of steady boiling to soften it. When the beets are cooked take them from the water and drop them into cold water. Rub off the skin. Cut the beets in slices and season with salt and butter.

Celeriac

This vegetable is also known as knot celery and turnip-rooted celery. The roots, which are about the size of a white turnip, and not the stalks, are eaten. Pare the celeriac, cut in thin slices, and put into cold water. Drain from this water and drop into boiling water and boil 30 minutes. Drain and rinse with cold water. The celeriac is now ready to be prepared and served the same as celery.

Puree of Celeriac

1 quart celeriac	1 teaspoon salt
2 tablespoons butterine	$\frac{1}{2}$ cup stock or cream
1 tablespoon flour	Paprika

Cook the celeriac 30 minutes in boiling water, rinse in cold water, then press through a purée sieve. Put the butterine in a sauce pan on the fire. When hot add the flour and stir until smooth and frothy, and then add the strained celeriac and cook 5 minutes, stirring frequently. Add the salt, paprika, stock or cream, and cook 5 minutes longer. If the purée seems dry, add more cream. Serve very hot. This makes 8 servings.

Stewed Celery

To blanch celery in cooking, remove all the leaves from the stalks. Scrape off all rusted or dark spots, cut

into pieces about 1 inch long and put in cold water. Have a sauce pan of boiling water on the fire, wash and drain the celery and put in the boiling water. Add 1 teaspoon of salt for every 2 quarts of water. Boil rapidly for 15 minutes, having the cover partly off the pan. Pour off the water and rinse in cold water, then drain. The celery is now ready to be finished in the following manner: put the celery in the sauce pan with 1 tablespoon of butterine, 1 teaspoon of salt, 1 tablespoon of flour rubbed to a paste in 1 cup of milk. Cover and cook slowly for 15 minutes.

Celery Au Gratin

4 heads celery	1 tablespoon flour
2 tablespoons grated cheese	1 tablespoon butterine
1 pint milk	1 teaspoon salt

Cut the celery in 1 inch pieces and cook in the milk in a double boiler for 30 minutes. Make a sauce of the flour, milk in which the celery was boiled, butterine, and salt. When of the right consistency add the cheese. Mix well. Put a layer of the celery in a baking dish, cover with the sauce; continue in this order until the dish is full. Sprinkle bread crumbs over the top and put in the oven to brown. Cook about $\frac{1}{2}$ hour. This makes 8 servings.

Boiled Onions

Cover the onions with cold water and peel them with a sharp knife while under the water. Put in a sauce pan and cover generously with boiling salted water and boil rapidly for 10 minutes. Drain, cover with fresh salted boiling water and simmer for 40 minutes. Drain again and season with salt, pepper, and melted butterine. Use 1 teaspoon salt to 1 quart water.

Creamed Onions

Peel the onions under cold water with a sharp knife and put in a sauce pan with boiling water to cover generously. Add 1 teaspoon of salt for each quart of water. Boil rapidly for 10 minutes with the cover partly off the sauce pan. Drain off the water and cover the onions with hot milk; 1 quart of onions will require 1 pint of milk. Simmer $\frac{1}{2}$ hour. Beat together 1 tablespoon of butterine and 1 tablespoon of flour. Add 1 teaspoon of salt and $\frac{1}{4}$ teaspoon of white pepper. Gradually beat in about $\frac{1}{2}$ cup of the milk in which the onions are cooking. When smooth stir the mixture into the onions and milk. Cook 10 minutes longer and serve.

Stewed Onions

Cut the onions in slices and boil in salted water for 10 minutes. Drain well and return to the pan. For 1 quart and $\frac{1}{2}$ of onions, measured before they were boiled, add 2 tablespoons of butterine, 1 teaspoon of salt, and $\frac{1}{4}$ teaspoon of pepper. Cover the pan and cook over a hot fire for 5 minutes, shaking the pan to prevent the onions from browning. Set the pan back where the contents will cook slowly for 40 minutes. Drippings may be used instead of the butterine.

Scalloped Onions

Place boiled onions in a baking dish, pour over them a rich sauce made of 1 tablespoon of flour, 1 tablespoon of butterine, 1 teaspoon of salt, and 1 cup milk. If the sauce is too thick thin it with some of the water in which the onions were boiled. Cover the onions with bread crumbs and bake in a hot oven until nicely browned.

Baked Onions

6 onions

1 tablespoon butterine

1 teaspoon salt

Peel the onions under water and cook in boiling salted water until tender, about 45 minutes. Be careful the water does not boil so rapidly that the onions are broken. Drain and place on a buttered pan and brush with melted butterine. Bake in a hot oven until evenly browned. This makes 6 servings.

Stuffed Onions

Peel and boil the desired number of onions. Remove the centers from the root end with a fork. Soak stale bread crumbs in cold water and press out the excess of water. Season with melted butterine, sage, salt, and the centers of the onions which have been thoroughly chopped. Fill the onion shells with the stuffing, put a small piece of butter on each, and place in the oven to finish baking and to brown.

Onions Au Gratin

6 onions

1 tablespoon flour

 $\frac{1}{2}$ cup grated cheese $\frac{1}{2}$ cup milk

1 tablespoon butter

Salt and pepper

Use onions as near in size as possible and pour boiling water on them in a sauce pan and simmer for 1 hour. Drain them well and put them into another clean sauce pan and pour the following sauce over them: melt the butter in a sauce pan, sprinkle the flour in, stirring all the time, and then add the milk slowly, and let it boil 5 minutes. Add the grated cheese and seasoning and pour over the onions; cover closely and cook gently for

30 minutes. Serve with chopped parsley. This makes 6 servings.

Stewed Cucumbers

Stew pared cucumbers, cut in quarters or in thick slices, for 15 minutes in a sauce pan with a little water and a minced shallot or a small minced onion. Pour off the water; stir in a little salt, butter, and flour. Heat for 2 or 3 minutes and serve.

Fried Cucumbers

Boil pared and quartered cucumbers for 3 minutes only. Then drain the pieces and season with pepper and salt. Roll in flour and cook in a frying pan with crisco or some vegetable fat until the pieces are soft and evenly browned. This dish may be varied by adding minced parsley, chives, and chervil about 5 minutes before the cooking is finished.

Stuffed Cucumbers

4 rather large cucumbers	2 tablespoons melted butter
1 tomato	2 cups boiled rice
1 tablespoon chopped onion	1 teaspoon salt

Peel the cucumbers and cut into halves, removing the seeds and some of the pulp. Peel the tomato and cut into small pieces. Mix with the chopped onion, add the cooked rice, salt and pepper. Fill the cucumber halves with the mixture and bake covered until the vegetable is tender, about 45 minutes in a hot oven. Remove the cover for the last 10 minutes of the cooking. This makes 8 servings.

To Peel Tomatoes

Put the tomatoes into a dish and pour boiling water over them. Let them remain in the water about 2 min-

utes; then pour off the water. The thin skin will now peel off readily. When a quantity of tomatoes are to be peeled have a deep pan a little more than half filled with boiling water and on the fire where the water will continue to boil. Put the tomatoes in a frying basket and lower into the boiling water. Let the basket remain 1 minute in the water with the tomatoes submerged.

Stewed Tomatoes

Peel the tomatoes and cut into small pieces. Put in a sauce pan on the fire. Boil gently for 20 minutes, counting from the time it begins to boil. Season five minutes before the cooking is finished with 1 teaspoon of salt, and 1 tablespoon of butter for each quart of tomatoes. If the tomatoes are watery, thicken with bread crumbs. A teaspoon of minced onion may be put in with the tomatoes when they are put on the fire.

Scalloped Tomatoes

2 cups peeled, cut tomatoes	3 tablespoons butter
1 cup bread crumbs	1 small onion
1 teaspoon salt	

Fry the onion thinly sliced in butterine until yellow. Add the tomatoes, salt, and butter and mix thoroughly. Put in a baking dish the tomato mixture, cover with bread crumbs and bits of butter and bake in a moderately hot oven for $\frac{1}{2}$ hour. If the tomatoes are watery add bread crumbs to the tomato mixture, before covering with crumbs. This makes 6 servings.

Tomato Toast

Boil 1 quart of peeled and cut tomatoes for 10 minutes, then rub through a strainer. Return to the sauce pan

and add 2 teaspoons of salt, $\frac{1}{2}$ teaspoon of pepper, and 2 tablespoons of butterine. Place on the fire and cook 5 minutes. Cover the platter with well toasted pieces of bread and pour the hot tomato over them. A poached egg may be put on each slice. This makes 6 servings.

Fried Tomatoes

Cut the tomatoes in $\frac{1}{2}$ inch slices and fry until brown in crisco or oil. Place on a warm dish, and in the same pan in which the tomatoes were cooked, make a sauce of 1 tablespoon of flour, $\frac{1}{2}$ teaspoon of salt, dash of pepper, and enough milk to make the sauce the consistency of thick cream. Cook the sauce until the raw taste of the flour is gone, and pour over the fried tomatoes. If preferred the slices of tomato may be dipped in flour before they are fried.

Stuffed Tomatoes

Remove a thin slice from the stem end of the tomatoes, scrape out the seeds and pulp, sprinkle the inside with salt and pepper and let stand 10 minutes. To the pulp add an equal quantity of bread crumbs and chopped mushrooms seasoned with salt and pepper and a few drops of onion juice. Cook on the range for 10 minutes until the ingredients are thoroughly mixed and blended. Then fill the tomato shells with the mixture, cover with bread crumbs and bits of butterine. In a greased baking pan put slices of bread cut round and dipped in cold water; place a tomato on each slice and bake in the oven for 15 minutes.

Stuffed Peppers

For 6 medium sized peppers make a dressing in the following manner: soak in cold water enough stale bread

to make 1 pint when the water is pressed out. Season this with 2 teaspoons of salt, 1 tablespoon of fine herbs, about $\frac{1}{5}$ teaspoon of summer savory and 3 tablespoons of butterine or savory drippings. Cut off the stem end of the peppers and remove all the interior, being careful to take out every seed. Fill the peppers with the dressing. Place them on end in a shallow baking dish and pour around them a sauce prepared as follows: put into a sauce pan on the fire 1 tablespoon of drippings; when hot add 1 level tablespoon of flour; stir until smooth and brown, then add gradually $1\frac{1}{2}$ cups of meat stock or water. Season with 1 level teaspoon of salt. Cook 5 minutes, then pour around the peppers. Put the baking dish in a moderately hot oven and bake the peppers 1 hour, basting often with the sauce in the dish.

Instead of bread crumbs the main ingredient of the filling may be rice, chopped meat, corn flakes, or stewed tomatoes.

Okra

The young pods should be boiled in salted water until tender, about 20 minutes. Drain and heat for 5 minutes with cream, a scant cup to a quart of okra, 1 tablespoon of butter, salt and pepper. Before boiling cut the pods in 1 inch pieces.

Baked Eggplant

For baked eggplant make a dressing as for stuffed peppers, except that a little more salt, pepper, and butter is needed. Cut the eggplant in two lengthwise, scrape out the inside and mash it fine, then mix the pulp with the dressing and return to the shells. Place on a pan in the oven. Cook 45 minutes.

Fried Eggplant

For fried eggplant, cut the vegetable in slices about $\frac{1}{2}$ inch thick and pare. Sprinkle the slices with salt

and pile them upon one another; cover with an inverted plate and a weight. Remove the weight and plate at the end of 1 hour. Add 1 tablespoon of water, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{2}$ teaspoon of pepper to 1 egg. Beat well. Dip the slices of eggplant in the egg, then in dried bread crumbs. Spread on a dish for 20 minutes more. Fry till brown in a frying pan or in deep fat.

Broiled Eggplant

The eggplant is sliced and drained as directed above. Then spread the slices on a dish, season with pepper and baste with salad oil, sprinkle with dried bread crumbs and broil.

Fried Squash

Summer squash may be cut in slices and fried like eggplant.

Mashed Squash

To prepare for the table wash the squash, cut in small pieces and either cook in boiling water or steam it. It will cook in boiling water in $\frac{1}{2}$ hour, taking about 1 hour to cook in a steamer. The cooked squash is mashed fine and seasoned with salt, pepper, and butter. This method gives a delicate flavored but rather watery dish.

Corn on the Cob

Free the corn from husks and silk. Have a kettle of water boiling hard, drop the corn into the water and cook 10 minutes. If only a few ears are put in a kettle of boiling water, the temperature of the water is not lowered greatly and the corn will cook in 8 minutes. On the other hand, if a large quantity of corn is crowded into a kettle of boiling water, the temperature is very

much lowered and the time of cooking must be increased. Always, if possible, surround the corn with a generous quantity of boiling water.

Corn With Milk

Corn may be cut from the cob and heated with butter, pepper, salt, and milk. For this dish cook the ears of corn 5 minutes in boiling water to set the juice. Then with a sharp knife cut through the center of each row of grains and with the back of the knife press the grains of corn from the hulls. Put the corn in a sauce pan and season with salt, pepper, and butterine. Add enough milk to moisten well and cook 10 minutes. Uncooked corn may be cut from the cob and treated in the same manner.

Corn Fritters

Cut the center of the grains down each row and press out the pulp. To 1 pint of pulp add 1 tablespoon of butterine, 1 teaspoon of salt, $\frac{1}{2}$ teaspoon of pepper, and enough flour to bind it. Mold into small cakes and fry in crisco; or drop from a spoon in a hot greased frying pan. An egg well beaten and added to the pint of pulp makes a richer fritter.

Corn Pudding

Cut the center of the grains of corn down each row and press out the pulp. To 1 pint of pulp add 1 pint of milk, 2 eggs, 1 teaspoon of salt, $\frac{1}{2}$ teaspoon of pepper, 2 tablespoons of butterine. Beat the whites and yolks of the eggs separately. Stir the egg yolks with the other ingredients into the corn pulp, mixing thoroughly. Pour into a baking dish, add the egg whites and bake in a hot oven for 1 hour,

Succotash

1 pint cooked lima beans
1 tablespoon butter

1 cup stewed or canned corn
1 teaspoon salt

Mix the corn and beans together, add the butter and salt and heat in a sauce pan. Add enough milk or cream to moisten the mixture.

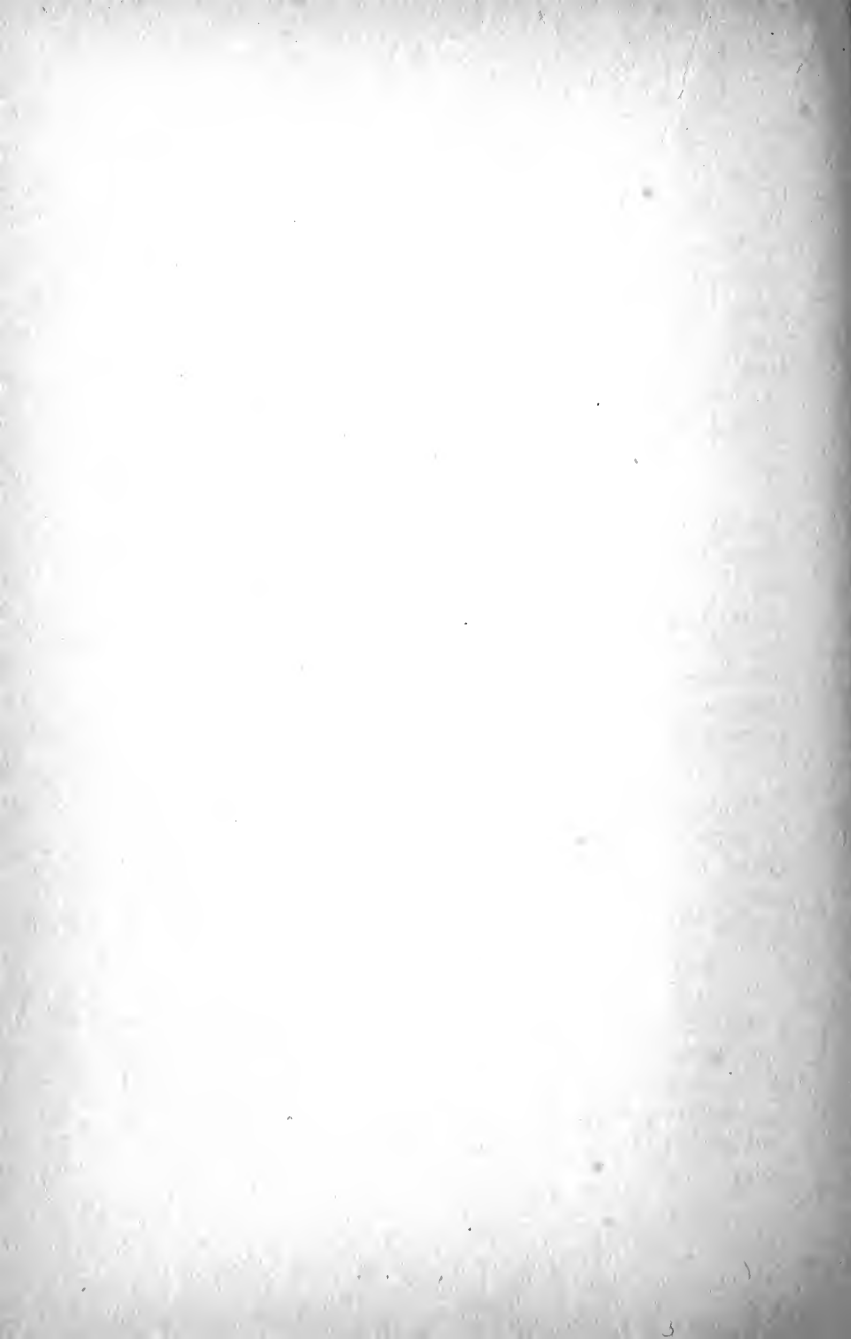
Rice

Wash 1 cup of rice in several waters, rubbing the grains between the hands to remove all the dirt. Put the washed rice in a sauce pan with $2\frac{1}{2}$ cups of water and 1 teaspoon of salt. Cover and place where the water will boil. Cook for 20 minutes, being careful not to burn. At the end of this time put the sauce pan on a tripod or ring and cover the rice with a fold of cheese cloth. Let it continue to cook in this manner 1 hour; then turn into a hot vegetable dish. The rice will be tender, dry, and sweet and each grain will be separate. During the whole process the rice must not be stirred. If 1 tablespoon of butter is cut up and sprinkled over the rice when it has cooked 20 minutes the dish will be very much improved. This makes 5 servings.

Hominy

Hominy should be thoroughly washed and cooked in boiling water in the proportion of $\frac{1}{2}$ cup of hominy to 1 pint of water, to which $\frac{1}{2}$ teaspoon of salt has been added. When fine hominy is used cook it in a double boiler for 2 hours. Coarse hominy may be cooked in a sauce pan. Cold boiled hominy may be cut in slices and fried. The slices will brown more readily if they are first rolled in flour. Hominy may be served as a vegetable in place of potatoes.

DRIED VEGETABLES AND FRUITS



Beets

Dried, sliced beets if soaked too long lose their red color and good flavor. Soaking for 2 hours, 2 parts water to 1 part beets, should be sufficient. They should then be cooked in the same water for about 1½ hours. If they are cooled in the same water in which they are cooked the color is improved.

Creamed Beets

Soak 1 cup of dried beets in 2 cups of water from 6 to 8 hours. Cook until tender. Cool in the same water.

Drain off the water. Add 2 tablespoons of sugar, ¼ cup of vinegar, ¼ cup of water, 1 tablespoon of butterine, and a little salt. Heat together to the boiling point, thicken with a little flour and water thoroughly mixed. Serve hot.

Pickled Beets

Cook as for creamed beets, adding spices, and sweeten to taste. Add also ¼ cup of vinegar and serve cold. Dried beets may seem to lose their color but cooling in the same water in which they were boiled will tend to restore the natural color.

Buttered Beets

Soak 2 cups of dried beets for 2 hours in 4 cups of cold water and cook until tender. Drain, and add to the beets 2 tablespoons of butter, 1 teaspoon of salt, and ¼ teaspoon of pepper. Stir carefully in order to butter and season each slice of beet without breaking it. Serve hot.

Buttered Carrots

Very young carrots do not require soaking. They may be placed in cold water, about 3 cups of water to 1 cup of dried carrots, and cooked slowly for about 1 $\frac{1}{4}$ hours. If the carrots are old and cut in large pieces for drying, soaking 2 to 8 hours or even over night may be necessary. Drain off the water, add salt and pepper, and serve with melted butter poured over them or with a cream sauce. To use with boiled or roast meats, soak as above, boil in the same water 10 minutes and put in with the meat.

Onions

Dried, thinly sliced onions may be cooked slowly without previous soaking, about 2 cups of water being needed for each cup of dried onion. If very dry, the onions are better if soaked from 2 to 6 hours and then cooked in the same water until tender. After cooking, the onions may be used like fresh onions in a great variety of ways.

Parsnips

Soak the parsnips from 2 to 4 hours in water, using 2 cups of water to 1 cup of parsnips, or 1 part parsnips to 2 parts water. Cook in the same water 30 minutes. Drain off the water and brown in butter or other fat, or serve with a cream sauce.

Potatoes

Soak 6 to 8 hours or over night, using 8 pints of water to 1 pound of potatoes, or 2 parts water to 1 of potatoes.

Fried Potatoes

Boil in the same water in which the dried potatoes have been soaked, about 5 minutes. Drain and fry in the same way as fresh potatoes.

Mashed Potatoes

Boil in the same water in which the dried potatoes have been soaked for 20 to 30 minutes. Drain and steam 5 to 10 minutes and then mash, adding salt, pepper, butter, and milk. Beat up light and serve very hot.

Dried Cooked Potatoes

If the potatoes were cooked before they were dried it will not be necessary to soak them before cooking. Place the dried potatoes in a double boiler, add about 2 cups of milk to 1 cup of potatoes, cover and steam until soft. Beat, season with salt, pepper, and butter, and serve like fresh mashed potatoes.

Sweet Potatoes

Dried raw sweet potatoes may be soaked and cooked like white potatoes. In preparing dried cooked sweet potatoes for the table, water should be substituted for the milk used in steaming the white potatoes. Except for this the same method may be followed.

Stewed Rhubarb

Soak the dried rhubarb from 6 to 8 hours or over night, using 12 pints of water to 1 pound of rhubarb, or 2 parts of water to 1 part of rhubarb. Cook in the same water until done, and sweeten to taste.

Turnips

Put a heaping cup of dried turnips in 8 cups of cold water and bring very slowly to a boil, and boil steadily for 20 minutes. Add $\frac{1}{2}$ teaspoon of salt and boil 25

minutes longer. Do not cover the kettle during the cooking. Drain well and add 2 tablespoons of butter, 1 teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper; return to the fire and heat until the butter is all absorbed. Serve smoking hot.

Or follow the above general directions for cooking dried turnips and drain well. Melt 2 tablespoons of butter and when it is bubbling hot, add 1 tablespoon of flour, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{8}$ teaspoon of pepper. Stir well but do not brown, then add 1 cup of milk and stir until thickened. Let it come to a boil, add the well drained turnips and heat together until boiling.

Okra

Dried okra should be soaked until soft and used in the same way as fresh okra in the preparation of soups and stews.

Cabbage

Put a heaping cup of dried cabbage in 7 cups of cold fresh water and bring very slowly to the boiling point and boil steadily for 30 minutes. Do not cover the kettle during the cooking. Add $\frac{1}{2}$ teaspoon of salt. Drain well. Melt 2 tablespoons of butter and when it is bubbling hot add 1 heaping tablespoon of flour, 1 teaspoon of salt, $\frac{1}{4}$ teaspoon pepper. Stir well but do not brown. Then add 1 cup of milk slowly and stir until smooth and thick. Let it come to the boiling point, then add the well drained cabbage and heat together until boiling. Serve very hot.

Or follow the above general directions for cooking dried cabbage. Drain well. Add $\frac{1}{2}$ cup of vinegar, 2 tablespoons of butter, 1 teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper. Return to the fire and heat a few minutes.

Spinach

Dried spinach takes up water very readily and may be cooked slowly without previous soaking. If preferred it may be soaked 2 to 6 hours which will shorten the time required for cooking. A little salt pork added to the spinach improves the flavor or it may be flavored with melted butter.

Celery

Soak dried celery from 8 to 12 hours, or over night, using 12 pints of water to 1 pound of celery, or 3 parts of water to 1 of celery. Boil in the same water in which it was soaked until tender and serve with cream and 1 tablespoon of butter.

Corn

Soak dried corn for 2 to 4 hours in water, using 2 cups of water to 1 cup of corn. It may be soaked over night but if this is done the corn should be kept in a very cool place so it will not become sour. Cook the corn in the water in which it was soaked for 1 hour or more. Then season with butter, salt, and pepper, and a little sugar may be added if desired. Milk may be added to the water in which the corn is cooked and cream used for seasoning it in place of butter.

Cowpeas

Soak the cowpeas in water over night. Then cook as follows: to 2 cups of soaked cowpeas add 1 tablespoon of salt, and $\frac{1}{4}$ pound of salt pork with water to cover. Boil until tender. This makes 6 servings.

Purée of Cowpeas

1 pint cowpeas	$\frac{1}{2}$ cup cream
2 teaspoons brown sugar	

Soak the cowpeas in cold water over night. Cook until soft in just enough water to cover. Drain and press through a sieve; season with salt, pepper, sugar and cream. Or substitute milk for cream and add 1 tablespoon of butterine. Beat thoroughly, reheat, and serve like mashed potatoes. This makes 6 servings.

Purée of Navy Beans

1 pint beans	1 quart water
1 onion	2 tablespoons drippings
1 carrot	2 cloves
1 sprig parsley	$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper	1 tablespoon butterine

Soak the beans over night, drain, and add the other ingredients with the exception of the butterine. Boil for 30 minutes and cook in a moderate oven for 1 hour. Remove the onion, carrot, and parsley, and press through a sieve. Add butter, and salt if necessary, and reheat. Similar purées may be made from red kidney beans, split peas and lentils. This makes 6 servings.

Snap Beans

Soak the dried beans over night or from 8 to 12 hours, using 10 pints of water to 1 pound of beans, or 3 times as much water as beans. Boil 3 hours in the same water with a slice of bacon; drain off the water and add salt, pepper, and butterine. Cream sauce may be used. Four ounces of dried beans will serve 10 people.

Apples

Soak the dried apples from 6 to 8 hours or over night, using 6 pints of water to 1 pound of apples, or 3 parts water to 1 part apples. Soaking for 2 hours is sufficient for thinly sliced apples. Commercial apples are sulphured and do not discolor.

Apple Sauce

Cook the dried apples about 30 minutes in the same water. Then add 1 cup of sugar to 1 pound of fruit, $\frac{1}{2}$ teaspoon of nutmeg or cinnamon, and press through a sieve.

Apple Pie

After the dried apples have been soaked, cook them in the same water about 5 minutes to make them tender, then drain off the water and use in a pie the same as fresh apples. One pound of dried apples will make 8 pies.

Cherries

Soak the dried cherries from 6 to 8 hours or over night, using 4 pints of water to 1 pound of cherries, or 3 parts of water to 1 part of cherries. Cook slowly in the same water and sweeten to taste. One pound of dried cherries will serve 15 people.

Cherry Pie

Soak $\frac{1}{2}$ cup of dried cherries in 1 pint of water from 6 to 8 hours. Heat in the same water for 15 minutes. Drain off the juice and use the cherries in the pie in the same way as fresh cherries. Add a little sugar to the juice drained off, boil down to a syrup and pour over the hot pie as it is served.

Raspberries

Soak dried raspberries from 4 to 5 hours, using 6 pints of water to 1 pound of raspberries, or $1\frac{1}{2}$ parts water to 1 part raspberries. Cook in the same water 20 minutes and sweeten to taste. Use in the same way as fresh raspberries.

Prunes

Soak dried prunes from 6 to 8 hours or over night, using 2 pints of water to 1 pound of prunes, or 2 parts water to 1 part prunes. Cook slowly in the same water and sweeten to taste.

Spiced Prunes

After the prunes are soaked, drain off the water. For every 2 pounds of prunes add 1 pound of sugar, $\frac{1}{4}$ pint of vinegar, 1 teaspoon of cinnamon, 1 teaspoon of allspice and cloves. Put the spices in a cloth. Boil the ingredients about 15 or 20 minutes until syrupy, then add the prunes and cook slowly about 30 minutes.

Rhubarb Pie

Soak 1 cup of dried rhubarb in 2 cups of water from 8 to 12 hours. Cook in the same water 30 minutes, then make into a pie as if it were fresh rhubarb.

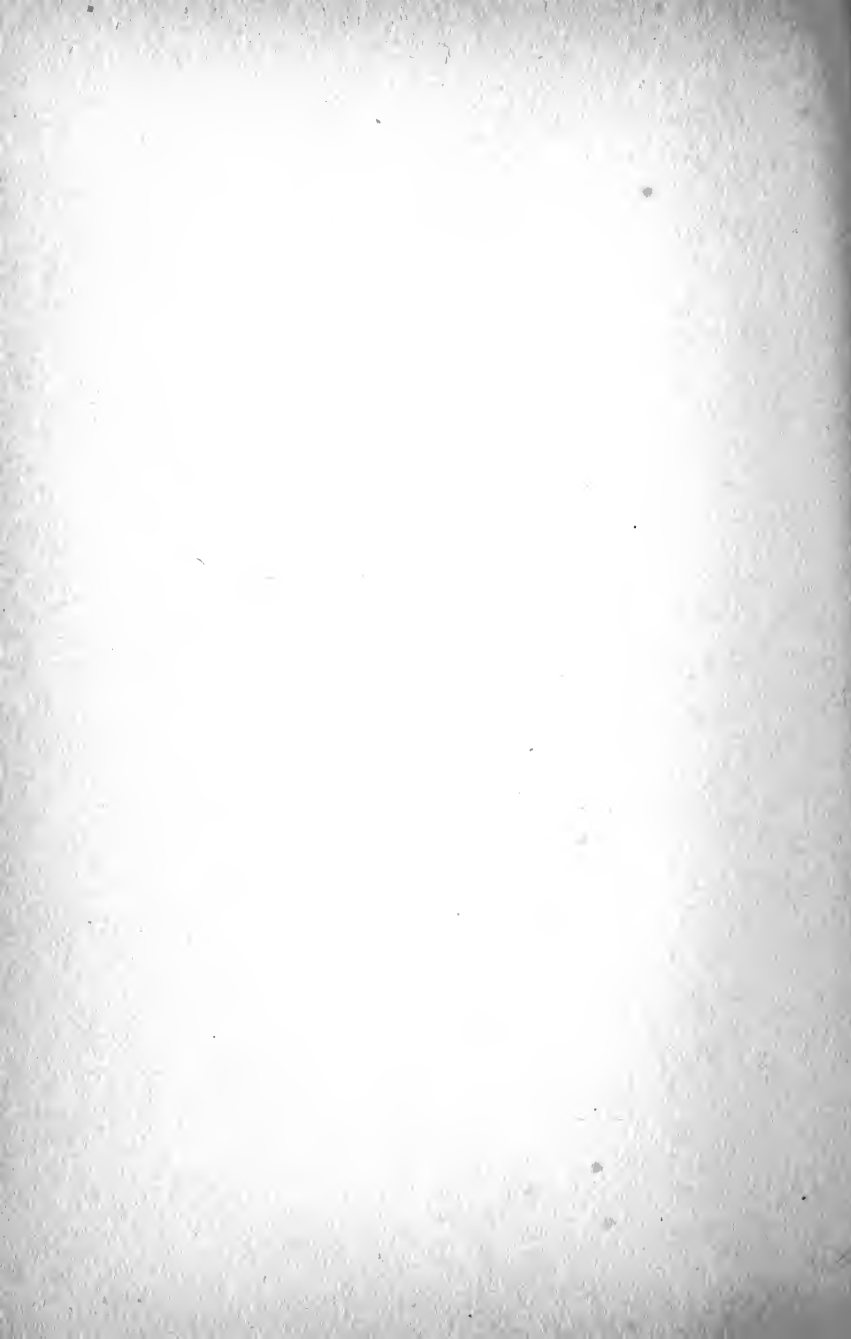
Squash Pie

Soak 1 cup of dried squash from 8 to 12 hours in 3 cups of water. Cook in the same water 1 hour and mash well. Mix thoroughly 1 egg well beaten, $\frac{3}{4}$ cup of sugar, $\frac{1}{2}$ teaspoon of salt, and 1 tablespoon of flour. Stir in $\frac{1}{2}$ teaspoon each of cinnamon, nutmeg, allspice, and ginger, a pinch of cloves, and $1\frac{1}{2}$ cups of milk. Add the squash and mix well. Bake without an upper crust.

Carrot Pudding

Soak $\frac{1}{3}$ cup of dried carrots in $2\frac{1}{2}$ cups of water from 6 to 8 hours, or over night. Add to the carrots 1

cup of diced raw potatoes, 1 cup of dried cherries, and $\frac{2}{3}$ cup of suet and chop fine. Then add 1 cup of flour, 1 cup of sugar, $\frac{1}{2}$ teaspoon of salt, 1 teaspoon of cinnamon, $\frac{1}{2}$ teaspoon of cloves, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon of soda, and mix well. Steam 3 hours and serve hot with a sweet sauce.



SALADS

French Dressing

1 tablespoon vinegar	$\frac{1}{4}$ teaspoon salt
4 tablespoons olive oil	$\frac{1}{8}$ teaspoon pepper

Put the salt and pepper in a bowl, add a little oil and stir well; then gradually add the remainder of the oil, stirring all the time. Last of all stir in the vinegar, which should be diluted with water if very strong. Cream may be substituted for the oil and lemon juice for the vinegar.

Cream Dressing

1 cup cream	2 tablespoons vinegar
$\frac{1}{2}$ cup tomato catsup	1 tablespoon sugar
2 tablespoons olive oil	1 teaspoon salt

Mix the oil, salt, sugar, and vinegar together, then beat in the catsup and finally add the cream, beating it in gradually. All salad dressings are more thoroughly blended if beaten with a small Dover egg beater.

Mayonnaise Dressing

1 cup olive oil	$\frac{1}{2}$ teaspoon salt
1 egg yolk	$1\frac{1}{2}$ teaspoons vinegar or
$\frac{1}{4}$ teaspoon paprika	lemon juice

Better results are obtained if all the ingredients are cold. Put the egg yolk in a shallow bowl, stir in the salt and pepper or paprika, then add the lemon juice or vinegar. Blend thoroughly. Slowly add the olive oil drop by drop and beat with a Dover egg beater. If the

dressing curdles, take another egg yolk and beat in the curdled dressing. In the first place, using a yolk of a hard boiled egg with the raw yolk makes a larger quantity of dressing and seldom curdles.

Cooked Salad Dressing

2 egg yolks	$\frac{1}{2}$ teaspoon mustard
1 tablespoon lemon juice	$\frac{1}{2}$ teaspoon salt
1 tablespoon butter	1 cup cream
1 tablespoon honey	Paprika to taste

Heat the cream in a double boiler. Beat the eggs and add to them all the other ingredients but the cream. Pour the cream slowly over the mixture, beating constantly. Pour it into the double boiler and cook until it thickens; or mix all the ingredients but the cream and cook in a double boiler until the mixture thickens. As the dressing is used combine the mixture with whipped cream. This dressing is particularly suitable for fruit salads, and will keep a long time.

Cheese Salad and Preserves

Epicures have devised a dish which consists of lettuce with French dressing served with cream and thick preparations of currants or other fruits preserved in honey or sugar, which owing to the fact that the seeds have been extracted by a laborious process are fairly expensive. The soft cheese often found in market is also relatively expensive. There is a suggestion in this dish, however, for others which are much less expensive. Buttermilk cream or ordinary cottage cheese served with lettuce or other green salad and a small amount of rich homemade preserves is a combination with much the same character, and also very delicious.

Cheese Jelly Salad

1 cup grated cheese
1 tablespoon gelatine

1 cup whipped cream
Salt and pepper

Mix the cheese with the whipped cream, season to taste with salt and pepper, and add to the gelatine, dissolved in a scant cup of water. This may be molded in a large or in small molds. When the jelly begins to harden, cover with grated cheese. The jelly should be served on a lettuce leaf with French dressing, to which a little grated cheese has been added. This makes 5 servings.

Cheese and Pimiento Salad

Stuff canned pimientos with creamed cheese, cut them in slices and serve 2 slices on each plate on a lettuce leaf with French dressing.

Olive, Pimiento and Cheese Salad

Mash soft cream cheese and add chopped olives and pimientos in equal parts. This mixture requires a good deal of salt. Form into balls or into a roll and slice. Serve on lettuce leaves with French dressing.

Apple and Cheese Salad

Core and pare an apple and cut into rings about $\frac{1}{3}$ of an inch in thickness. Arrange the rings on lettuce leaves and place small balls of cream cheese and chopped nuts in the center of each ring. Cover with French dressing or put a tablespoon of mayonnaise at the side. Apples should always be dropped in cold water as soon as they are cut, as they discolor in the air.

Tomato Salad

Select smooth tomatoes of uniform size, dip a few minutes in scalding water and peel off the skin. Put in the ice box to become firm. Remove the center of each tomato and fill with chopped celery and chopped chicken, or cream cheese and chopped nuts, or asparagus tips and chopped olives, or diced cucumbers and chopped green peppers. Serve each tomato on a lettuce leaf either with mayonnaise or French dressing. Tomatoes require a good deal of seasoning. Shake salt into the tomato before the filling is put in and sprinkle on the outside. An attractive looking dish may be made by slicing hard boiled eggs, removing the yolk and fashioning the white rings cut in half around the cup of the tomato. Fill the tomato with the egg yolks mixed with chopped olives and serve with French dressing.

Apple and Nut Salad

Peel the apples and dice, putting at once into cold water until used. Mix with an equal amount of chopped celery and chopped walnuts and serve with French dressing on lettuce leaves.

Grape and Orange Salad

Wash the grapes, cut in half and remove the seeds. Peel and tear the orange into sections and remove as much skin as possible from the sections. Divide each section in two, mix with the grapes and serve on lettuce with French dressing. Grape fruit may be used instead of the orange. Malaga grapes are the best to use because of their tender skin. Endive may be used instead of lettuce.

Pear Salad

Peel and cut the pears in two. Remove the core and fill the cup with chopped celery. Serve on lettuce leaves with a spoon of mayonnaise on top. Endive may be used instead of lettuce.

Tomato Jelly Salad

1 can tomatoes	2 teaspoons salt
2 tablespoons granulated gel- atine	1 teaspoon sugar
½ cup cold water	1 slice onion
	3 peppercorns
1 bay leaf	

Soak the gelatine in the cold water until soft. Cook the tomatoes and seasoning from 10 to 20 minutes; strain. Pour the hot liquid over the softened gelatine and stir until dissolved. Pour into custard cups which have been wet with cold water. When the jelly hardens turn out on lettuce leaves and serve with French dressing. This makes 8 servings.

Macedoine Salad

Take ½ cup each of cooked and diced carrots, flowerets of cauliflower, diced beets, peas, asparagus tips, and finely cut string beans. Mix them lightly with French dressing and serve on lettuce leaves. This makes a better looking dish if the vegetables are cut with a potato scoop or fancy cutter. This makes 6 servings.

In vegetable salads any combination of vegetables may be used that seems desirable or one vegetable alone may be used on the lettuce leaves, as string beans, asparagus, sliced tomatoes, cucumbers, or celery.

Cowpea Salad

2 cups cooked cowpeas	½ canned pimiento
½ cup celery	⅓ cup salad dressing
½ teaspoon salt	Lettuce

Chill the ingredients. Chop the pimienta and mix all together just before serving. Arrange on lettuce leaves with French or mayonnaise dressing. This makes 6 servings.

Potato Salad

Dice cold boiled potatoes, and serve on lettuce leaves with French dressing to which has been added 1 tablespoon of onion juice. If desired chopped onion may be mixed with the potatoes and minced parsley sprinkled over them.

Fish Salad

Serve cold cooked flaked fish on lettuce leaves with mayonnaise dressing. For the fish may be substituted flaked crab meat, diced lobster, shrimps, or oysters scalded in their own liquor.

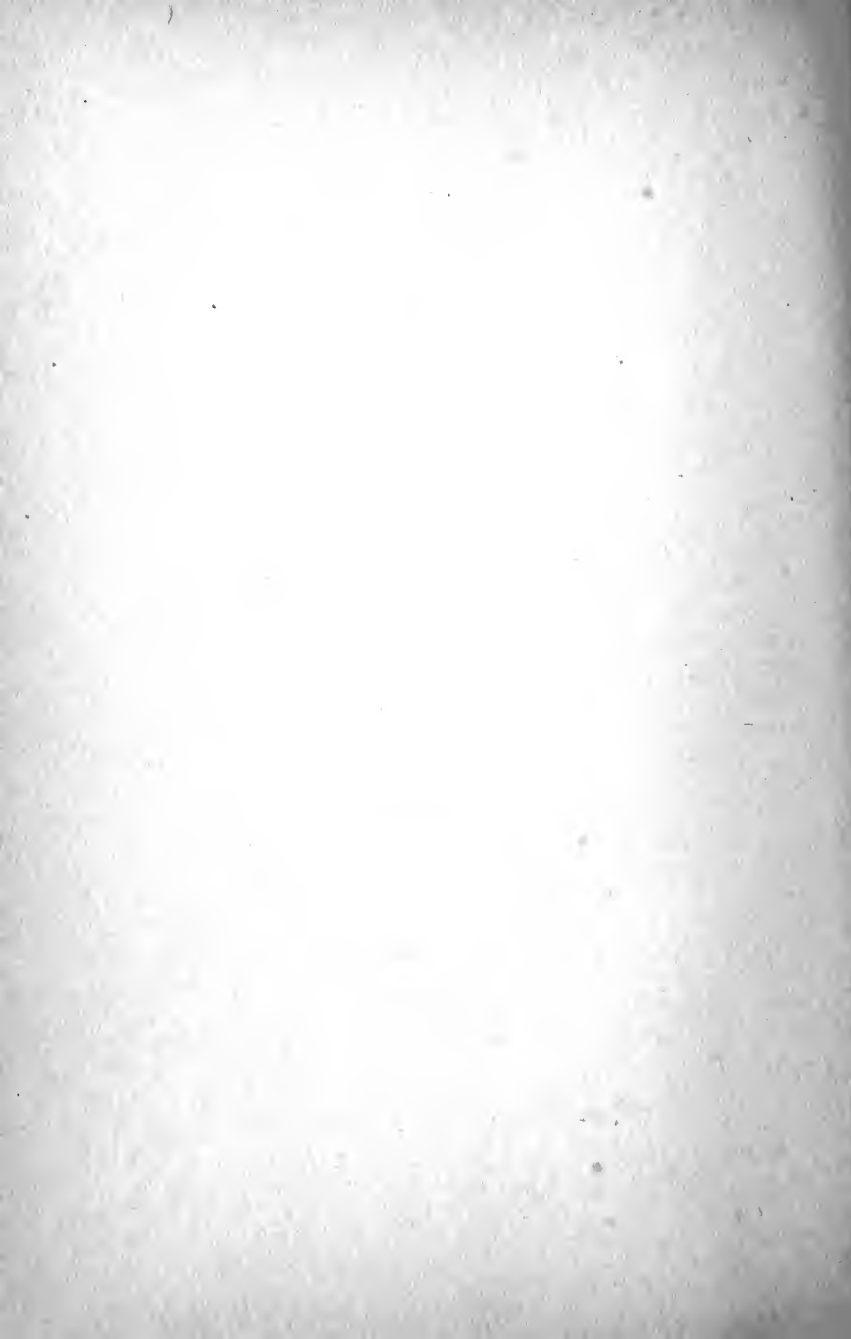
Egg Salad

Boil the eggs 20 minutes. Chop with a sharp knife and serve on water cress with either French or mayonnaise dressing; or cut in slices and serve on lettuce leaves. Eggs hard boiled may be used as a garnish for many salads.

Chicken Salad

Cut the white meat of cold cooked chicken into dice or small pieces. Cover with French dressing and let it stand 1 hour. Chop an equal amount of celery and mix the chicken with it. Serve on lettuce leaves with mayonnaise dressing.

DESSERTS



DESSERTS

War Pudding

1 quart bread crumbs	$\frac{1}{2}$ teaspoon cloves
1 cup milk	1 saltspoon soda
1 cup molasses	1 teaspoon cinnamon
1 cup raisins	1 cup sugar
1 egg	

Take 1 quart of fine bread crumbs and pour the milk over them. When the milk is absorbed add the molasses, raisins, soda, cinnamon, and cloves. Mix well and steam in a covered tin for 3 hours. Serve with a sauce made of the egg beaten well with the cup of sugar. Add $\frac{1}{2}$ teaspoon of vanilla or any preferred flavoring. This makes 10 servings.

Baked Indian Pudding

1 quart milk	$\frac{1}{3}$ cup molasses
$\frac{1}{3}$ cup corn meal	1 teaspoon ginger
1 teaspoon salt	

Scald the milk and pour over the meal; cook 20 minutes in a double boiler. Add the salt, ginger and molasses. Pour into a greased baking dish and cook in a moderate oven until firm, about 2 hours. This makes 8 servings.

Indian Pudding With Apple

$\frac{1}{4}$ cup corn meal	$\frac{1}{2}$ teaspoon ginger
1 pint milk	$\frac{1}{4}$ cup molasses
$\frac{1}{2}$ teaspoon salt	1 apple

Sift the corn meal slowly into the scalded milk, stirring constantly. Cook in a double boiler 30 minutes, stirring occasionally. Add the salt, ginger, and molasses. Put into a greased baking dish and bake 1 hour in a slow oven, stirring from time to time. Slice, core and pare the apple and stir into the pudding. Bake 15 minutes longer until the apple is tender. This makes 6 servings.

Indian Pudding With Crumbs

1 cup fine crumbs	2 tablespoons melted butter-
1 quart milk	ine
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ teaspoon ginger
$\frac{1}{4}$ cup molasses	$\frac{1}{4}$ teaspoon cloves
Juice 1 lemon	

The crumbs used may be either white bread crumbs or corn meal crumbs. Scald the crumbs in the milk, add the other ingredients, mix well and bake in a slow oven $1\frac{1}{2}$ hours. This makes 6 servings.

Norwegian Prune Pudding

$\frac{1}{2}$ lb. prunes	1 inch stick cinnamon
2 cups water	$1\frac{1}{3}$ cups boiling water
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup corn starch
Juice 1 lemon	

Wash the prunes and let them stand in the cold water a few hours. Then boil in the same water with the cinnamon until soft. Take the pulp from the stones, add the juice of the prunes, the boiling water, and sugar. Dilute the corn starch with cold water, add to the mixture and cook 5 minutes. Add lemon juice. Pour into a mold, chill, and serve with cream. This makes 8 servings.

English Fresh Fruit Pudding

8 slices of bread	2 tablespoons butterine
1 quart strawberries	$\frac{1}{4}$ teaspoon salt
Sugar to taste	

Remove the crusts from the bread and butter one side. Grease a round bottomed bowl and line it with the buttered bread. Crush the berries with the sugar and pour them into the bowl. Cover with bread and on top place a tight fitting plate. Weight with an iron and put in the ice box for 24 hours. The bread will absorb the juice and the pudding may be taken out as a mold. This makes 8 servings.

Sago Pudding

4 cups hot water	3 tablespoons sugar
1 lemon	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup raisins	1 tablespoon currant jelly
$\frac{1}{2}$ cup sago	

Put into a sauce pan 4 cups of hot water, the lemon cut in slices, and the raisins. Boil 10 minutes; add the sago and boil 15 minutes or until the sago is cooked. Just before it is done add the sugar, salt, and jelly. Mold, chill, and serve with cream. This makes 8 servings.

Steamed Molasses Pudding

1 egg	1 teaspoon soda
$1\frac{1}{4}$ cups flour	$\frac{1}{2}$ cup water
1 cup molasses	

Beat the egg well, add the other ingredients, sifting the soda and flour together, and beat thoroughly. Steam in 4 well-greased baking powder tins for 1 hour and 45 minutes, or in 1 large mold for 3 hours. Grease the covers of the tins and be sure they fit tightly. This makes 12 servings.

Cereal Pudding

$3\frac{1}{2}$ cups cooked cereal	1 tablespoon sugar
$\frac{1}{2}$ cup apple sauce or	1 tablespoon butterine
1 apple	2 tablespoons crumbs

Put a layer of cereal in the bottom of a buttered baking dish, then a layer of apple sauce, sprinkled with sugar if the sauce has not been sweetened. Then put in another layer of cereal and cover with buttered crumbs. Bake 30 minutes if apple sauce is used or 1 hour if a raw apple. To prepare the raw apple, core, pare, and cut in small pieces, and use as the apple sauce. Serve with cream. This makes 6 servings.

Brown Betty

1 pint sliced apples	$\frac{1}{2}$ cup water
1 pint bread crumbs	$\frac{2}{3}$ cup sugar
$\frac{1}{4}$ cup melted butterine	1 teaspoon cinnamon

Mix the bread crumbs with the melted butterine and put a layer in the bottom of a baking dish. Add a layer of apples, sprinkled with the sugar and cinnamon mixed. Repeat until the materials are used, having a layer of crumbs on top. Add enough water to moisten and bake in a slow oven until the crumbs are browned. Bake about 25 minutes or until the apples are cooked. This makes 6 servings. If preferred this dish may be sweetened with molasses mixed with water, an equal amount of each, heated, and poured over the top. For a quart dish of pudding $\frac{1}{2}$ cup of molasses is sufficient, and the same amount of water.

Brown Sugar Tapioca

1 cup pearl tapioca	$\frac{3}{4}$ teaspoon salt
4 cups water	2 cups brown sugar
Juice of 1 lemon	

Soak the pearl tapioca in 3 cups of water over night. In the morning add salt and the other cup of water. Cook 40 minutes in a double boiler until transparent. Add brown sugar and the lemon juice. Pour into a greased baking dish and bake in a moderate oven $\frac{1}{2}$ hour. Serve with cream. This makes 10 servings.

Cream Tapioca

$\frac{1}{4}$ cup pearl tapioca	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ teaspoon salt
2 cups hot milk	$\frac{1}{2}$ teaspoon vanilla
2 eggs	

Wash the tapioca well and soak in cold water for 1 hour. Cook in the hot milk in a double boiler until transparent, from 1 to $1\frac{1}{2}$ hours. Separate the egg yolks and whites, and beat the yolks slightly. Add the sugar and salt. Pour the tapioca over them slowly, beating all the while. Return the mixture to the double boiler, and cook until creamy, from 5 to 10 minutes. Remove from the fire, cool, and add the vanilla. Pour into a pudding dish. Beat the egg whites stiff. If they are to be used for meringue, add 4 tablespoons of powdered sugar. Spread over the tapioca and brown slightly in the oven. This makes 6 servings.

Farina Pudding

1 cup cooked farina	$\frac{1}{2}$ cup sugar
1 tablespoon corn starch	$\frac{1}{2}$ cup raisins
1 egg	$\frac{1}{8}$ teaspoon cinnamon
1 cup milk	Pinch ground cloves

Beat the egg, seed the raisins, and mix all the ingredients. Put in a baking dish and bake in a moderate oven until brown, about 20 minutes. This makes 5 servings. Dried figs or dates or stewed fruit may be substituted for the raisins in the recipe.

Rice Pudding

1 quart milk	$\frac{1}{8}$ teaspoon nutmeg, cinnamon or grated rind of
$\frac{1}{3}$ cup rice	$\frac{1}{4}$ lemon
$\frac{1}{3}$ cup sugar	
$\frac{1}{2}$ teaspoon salt	

Wash the rice thoroughly and mix all the ingredients. Put in a baking dish and cook in a moderate oven 3

hours. Stir 3 times the first hour to keep the rice from settling at the bottom of the dish and, as the milk evaporates, pour in more hot milk. Instead of the flavoring mentioned $\frac{1}{2}$ cup raisins may be used. This makes 6 servings.

Cheese Custard

1 cup grated cheese	2 egg yolks
$\frac{1}{2}$ cup rich milk	Salt

Mix the milk and the cheese and heat until the cheese is melted. Remove from the fire and add the egg yolks. Bake in buttered ramekins until browned and serve with jelly or preserves. This makes 5 servings.

Junket

2 cups milk	1 junket tablet
$\frac{1}{4}$ cup sugar, honey or syrup	$\frac{1}{8}$ teaspoon salt
Nutmeg or cinnamon	

Warm the milk to lukewarm temperature, crush the tablet and dissolve in 1 tablespoon of cold milk. Then add it with the other ingredients to the milk. Stir well. Pour into a dish in which it will be served and place in a warm place to harden. Cool before serving. This makes 6 servings.

Caramel Junket

2 cups milk	1 teaspoon vanilla
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{3}$ cup boiling water	$\frac{1}{8}$ teaspoon salt
1 junket tablet	1 cup whipped cream

Put the sugar in a sauce pan with 2 tablespoons of water; stir until the sugar has melted, then let it cook without stirring until the sugar is well browned, but be careful not to burn. Add the boiling water and cook

until the syrup is thick. Cool and slowly add the milk which has been heated to lukewarm temperature. Powder the junket tablet and add it to the mixture with the salt and vanilla. Turn into a serving dish and stand in a warm place until set, then chill. Serve with the whipped cream around it and the nuts sprinkled on top. This makes 6 servings.

Honey Apples

2 quarts apples cut in small pieces	1 cup vinegar 1 teaspoon cinnamon 2 cups honey
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Heat the honey, vinegar, and cinnamon together and cook the apples, a few at a time, in the syrup until they become transparent. Pour the syrup which remains after all the fruit is cooked over the apples. This makes 8 servings.

Boiled Honey Custard

2 cups milk	$\frac{1}{3}$ cup honey
3 egg yolks	$\frac{1}{8}$ teaspoon salt

Mix the honey, eggs, and salt. Scald the milk and pour it over the eggs. Cook in a double boiler until the mixture thickens. This custard is suitable for use in place of cream on gelatine desserts, or to be poured over sliced oranges or stewed fruit.

Honey Pudding

$\frac{1}{2}$ cup honey	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{2}$ cup milk	2 tablespoons butterine
2 egg yolks	2 cups bread crumbs
2 egg whites	Grated rind $\frac{1}{2}$ lemon

Mix the honey and the crumbs, and add the milk, seasonings, and egg yolks. Beat the mixture thoroughly and then add the butterine and the egg whites well

beaten. Steam for about 3 hours in a pudding mold which should not be more than $\frac{3}{4}$ full. This makes 8 servings.

Honey Charlotte Russe

1 quart cream	6 lady fingers
$\frac{1}{2}$ cup delicately	flavored honey

Chill the honey by placing the dish containing it in a pan of ice water. Whip the cream and add it to the honey, mixing well. Line a dish with the cakes and fill it with the honey and cream. Serve very cold. This makes 6 servings.

Sweet Potato Pudding

5 sweet potatoes	1 egg
2 tablespoons butterine	1 teaspoon cinnamon
$\frac{1}{2}$ cup milk	1 teaspoon ginger
2 tablespoons sugar	Juice of 1 lemon

Cook and mash the potatoes, beat in the butterine, sugar, milk, and beaten egg. Then add the cinnamon, ginger, and lemon juice. Put into a well-greased baking dish and bake for $\frac{1}{2}$ hour or until it is well browned on top. Be sure to have the pudding quite moist; add more milk if needed. This makes 6 servings.

Fig Pudding

6 figs	1 tablespoon butterine
$\frac{1}{2}$ lemon rind grated	$\frac{1}{2}$ pint milk
1 tablespoon sugar	$1\frac{1}{2}$ cups bread crumbs

Chop the figs very fine, and mix with the bread crumbs, sugar, grated lemon, and melted butterine. Then add the milk and mix well together. Pour into a well-greased pudding tin and steam for 2 hours. This makes 6 servings.

Apples With Rolled Oats

6 apples
 $\frac{3}{4}$ cup sugar

1 quart water
1 cup cooked rolled oats

Pare the apples and boil them in a syrup of the sugar and water. Turn frequently. When the apples are soft fill the centers with the cooked rolled oats. Boil down the syrup until of a thick consistency and pour over the apples. Any left over cereal may be used in this way. This makes 6 servings.

Fruit Macedoine

3 oranges
3 bananas

1 can sliced pineapple
Juice $\frac{1}{2}$ lemon

Sugar

Peel the oranges and remove all the white skin. Cut into small pieces; do not slice. Drain the juice from the canned pineapple and cut the slices into small pieces. Peel the bananas and cut into cubes. Mix the fruits lightly together, squeeze the juice of the $\frac{1}{2}$ lemon over them and sprinkle with sugar. This makes 10 servings. If the flavor of cocoanut is liked, add 3 tablespoons of grated cocoanut to this dish.

Lemon Jelly

1 tablespoon granulated gel-
atine
 $\frac{1}{4}$ cup cold water

2 cups boiling water
1 cup sugar
 $\frac{1}{2}$ cup lemon juice

Soak the gelatine in cold water until it is softened. Add the boiling water to dissolve it; add the sugar while the gelatine is hot and stir until it is dissolved. Then add the lemon juice and stir once more. Put in a mold wet with cold water and as the jelly begins to stiffen

arrange fruit in it. Shredded orange, malaga grapes cut in half and the seeds removed, English walnuts broken in half, candied cherries, or sliced bananas may be used. The fruit should be arranged in some design and not poured in haphazard. This makes 6 servings.

Snow Pudding

$\frac{1}{2}$ tablespoon granulated gel- atine	3 egg whites
$\frac{1}{4}$ cup cold water	3 egg yolks
$\frac{1}{4}$ cup lemon juice	$\frac{3}{8}$ cup sugar
1 cup sugar	$\frac{1}{8}$ teaspoon salt
1 cup boiling water	1 pint hot milk
	1 teaspoon vanilla

Prepare as for lemon jelly, strain into a large bowl, and chill. Stir occasionally. Beat the egg whites until light, and when the jelly begins to harden, add them to it. Beat until smooth or nearly hard, then pour into a mold. Make a soft custard of the remaining ingredients, and when cold serve it with the pudding. This makes 8 servings.

Orange Charlotte

$1\frac{1}{3}$ boxes granulated gelatine	3 tablespoons lemon juice
$\frac{1}{3}$ cup cold water	3 egg whites
$\frac{1}{3}$ cup boiling water	1 cup orange juice and pulp
1 cup sugar	2 cups cream

Soak the gelatine in cold water, dissolve in boiling water, strain, and add the sugar, lemon juice, orange juice, and pulp. Chill in a pan of ice water; when quite thick beat with a wire spoon or whisk until frothy, then add the egg whites beaten stiff, and fold in the cream which has been whipped. Line a mold with sections of oranges, turn in the mixture, smooth evenly and chill. This makes 6 servings.

Vanilla Ice Cream

3½ cups thin cream	½ cup sugar
½ cup milk	1½ teaspoons vanilla
Few grains salt	

Boil the sugar and milk together until they make a soft ball when tried in cold water. Then gradually pour the cream into the mixture, stirring constantly. Add the salt and vanilla and freeze. This makes 4 servings.

Frozen Custard

2 cups scalded milk	1 egg
1 tablespoon corn starch	1 quart thin cream
¾ cup sugar	⅛ teaspoon salt
1 tablespoon vanilla	

Mix the flour, sugar, salt, add the egg slightly beaten, and the milk gradually. Cook as a soft custard. When cool add the cream and flavoring. Strain and freeze. This makes 6 servings.

Caramel Ice Cream

2 cups scalded milk	¾ cup sugar
¼ cup sugar	¼ cup boiling water
3 eggs	1 quart thin cream
⅛ teaspoon salt	2 teaspoons vanilla

Make a custard of the first 4 ingredients; strain and cool. Put in a sauce pan ¾ cup of sugar, brown, being careful not to scorch; add the boiling water to it. Cool. Combine the mixtures, add cream and vanilla and freeze. This makes 6 servings.

Pistachio Ice Cream

Prepare as vanilla ice cream, using for flavoring 1 tablespoon of vanilla and 1 teaspoon of almond extract. Color with Burnett's Leaf Green.

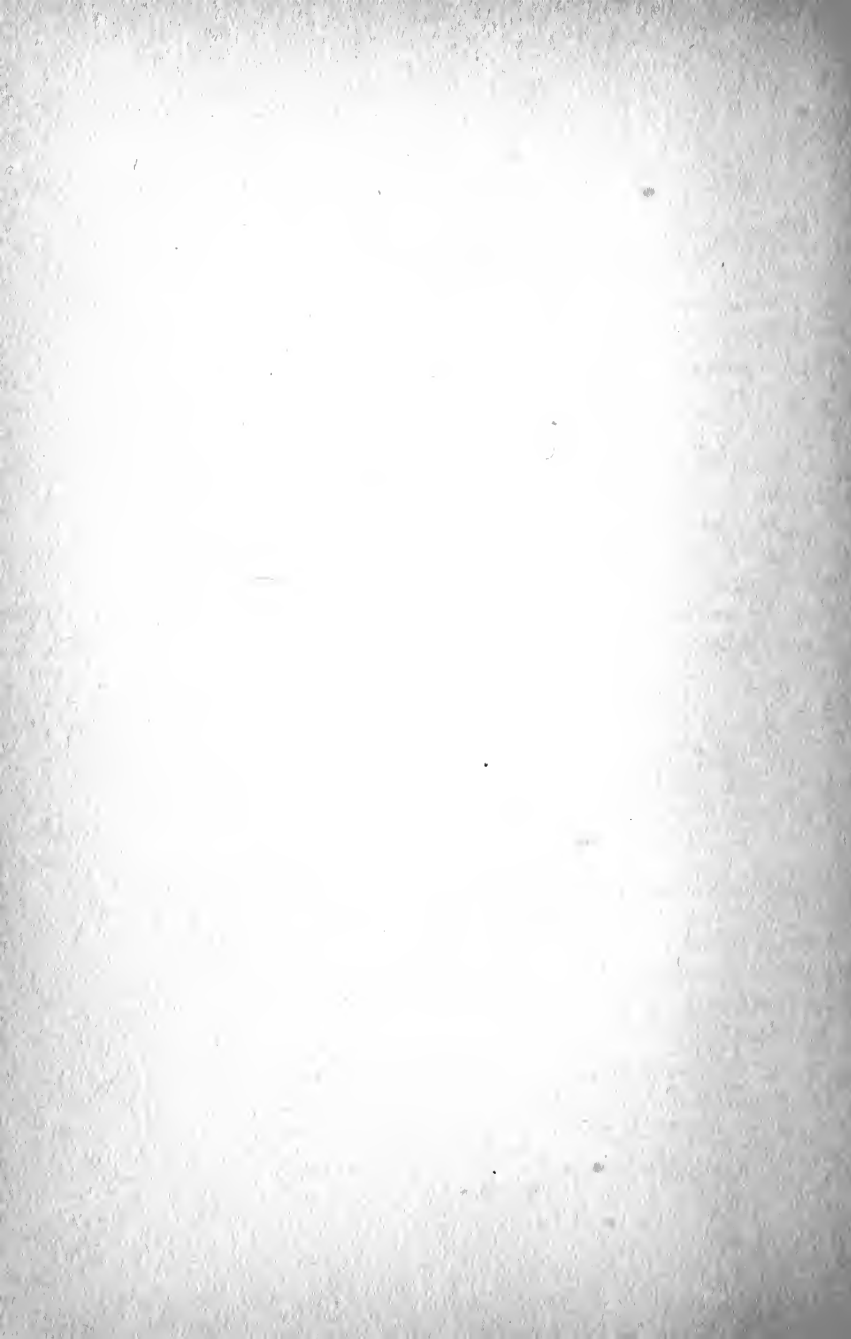
Honey Mousse

1 pint cream
4 eggs

1 cup hot delicately flavored
honey

Beat the eggs slightly and slowly pour over them the hot honey. Cook until the mixture thickens. When it is cool add the cream whipped. Put the mixture into a mold, pack in salt and ice and let stand from 3 to 4 hours. This makes 6 servings.

CAKES



Corn Meal Gingerbread

2 cups corn meal	1 teaspoon cinnamon
2½ cups sour milk or butter- milk	½ teaspoon cloves
1 teaspoon salt	1½ teaspoons soda
2 tablespoons butterine	¾ cup sugar
1 cup wheat flour	1 egg
	2 teaspoons ginger

Mix thoroughly the meal, buttermilk, and salt in a double boiler and cook over hot water for ½ hour or longer. Stir the butterine into the mush while it is still warm. Sift together the flour, spices, and soda. When the mush is cool combine all the ingredients. Beat thoroughly and bake in a moderate oven in shallow iron pans. This makes 8 servings.

Doughnuts With Corn Meal

2 cups milk	1¼ cups wheat flour
1½ cups corn meal	1 teaspoon cinnamon
1 teaspoon salt	2 teaspoons baking powder
¼ cup butterine	2 eggs
	¾ cup sugar

Heat the first 3 ingredients for ½ hour or longer in a double boiler. Add the sugar and butterine, and cool. Sift together the flour, cinnamon, and baking powder, and add to the cooled mush. Add the eggs well beaten and proceed as with other doughnuts. This makes 10 doughnuts.

Corn Meal and Peanut Cookies

2 tablespoons butterine	½ cup corn meal
¼ cup sugar	2 tablespoons milk
2 eggs	½ cup chopped peanuts
1 teaspoon baking powder	1 teaspoon ginger
	¼ teaspoon salt

Cream the butterine, add the sugar and the eggs and beat well. Mix and sift the baking powder, salt, flour, and ginger and add them to the first mixture. Add the milk and the peanuts, and again beat thoroughly. Drop the mixture from a teaspoon on an un buttered pan, and bake 15 minutes in a slow oven. Or spread it in a very thin layer on the bottom of a dripping pan, bake in a slow oven and while still warm cut into squares. This makes 10 cookies.

Crumb Gingerbread

1 cup molasses	1 teaspoon soda
$\frac{1}{2}$ cup boiling water	$1\frac{1}{2}$ teaspoons ginger
$1\frac{1}{3}$ cups fine bread crumbs	4 teaspoons melted lard or other fat
$\frac{2}{3}$ cup flour	$\frac{1}{2}$ teaspoon salt

Add the water to the molasses and combine with the dry ingredients mixed together. Then add the fat and beat well. Bake for about 25 minutes in a hot oven. This makes 6 servings.

Soft Gingerbread

1 egg	1 teaspoon baking powder
$\frac{1}{2}$ cup sugar	1 teaspoon ginger
$\frac{3}{4}$ teaspoon soda mixed with 1 cup sour milk	1 teaspoon cinnamon
$1\frac{3}{4}$ cups flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup butterine	$\frac{1}{2}$ cup New Orleans molasses

Break the egg into the mixing bowl and beat. Add the sugar and beat thoroughly. Add the milk and soda and then the flour mixed and sifted with the other dry ingredients, and beat again. Add molasses and the melted fat. Beat all thoroughly before putting the mixture into the cake pan. Bake the cake for $\frac{1}{2}$ hour in a shallow, paper-lined pan. This makes 6 servings.

Cheese Gingerbread No. 1

$\frac{1}{2}$ cup molasses	1 teaspoon soda
$\frac{3}{4}$ cup grated cheese	2 teaspoons ginger.
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
2 cups flour	$\frac{3}{4}$ cup water

Rub the cheese and sugar together. Add the molasses. Mix and sift the dry ingredients and add them to the cheese mixture alternately with the water. Bake 15 minutes in small buttered pans. This makes 8 servings.

Cheese Gingerbread No. 2

1 cup molasses	2 cups flour
$\frac{3}{4}$ cup grated cheese	2 teaspoons ginger
1 teaspoon soda	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{2}$ cup water

Heat the molasses and cheese in a double boiler until the cheese is melted. Add the soda and stir vigorously. Mix and sift the dry ingredients and add them to the molasses and cheese alternately with the water. Bake 15 minutes in small greased pans. This makes 8 cakes.

Spice Cake

1 egg	2 teaspoons baking powder
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup raisins cut into small
$1\frac{3}{4}$ cups flour	pieces and floured lightly
$\frac{1}{2}$ cup shortening	

Stir the soda into the milk and mix the ingredients in the order in which they are given. Bake 15 minutes in small greased pans in a moderate oven. This recipe may be varied by omitting the raisins and adding nuts, currants, or citron. This makes 10 cakes.

Curd Cup Cakes

4 eggs
 $\frac{3}{4}$ cup sugar

1 cup dry curd
 $\frac{1}{8}$ teaspoon salt

Beat the egg yolks thoroughly, add the sugar, dry curd, and salt. Beat until smooth. Cut and fold into stiffly beaten whites. Bake 20 minutes in a moderate oven in unbuttered gem tins. Dry the curd on cloths in a warm oven. From $2\frac{1}{2}$ to 3 quarts of sour milk make only 1 cup of curd. This recipe makes 30 cakes.

Sweet Cream Cake

2 eggs	$\frac{1}{2}$ teaspoon salt
1 cup sugar	1 teaspoon vanilla
4 teaspoons baking powder	$1\frac{7}{8}$ cups flour
Cream	

Break the eggs into the measuring cup and fill up the cup with sweet cream. Pour the contents into a mixing bowl, add sugar and salt, and beat until the mixture is well blended. Add the flour and baking powder sifted together. Bake 20 minutes in a moderate oven. This cake dries out quickly. This makes 6 servings.

Dutch Cake

$\frac{1}{4}$ cup butter	$2\frac{1}{2}$ cups pastry flour or
$\frac{1}{3}$ cup sugar	$2\frac{1}{4}$ cups wheat flour
$\frac{3}{4}$ cup milk	5 teaspoons baking powder
1 egg	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup raisins	

Cream the butter and sugar together and add the milk and the egg well beaten. Mix and sift the flour, baking powder, and salt, and add to the first mixture. Last add the raisins seeded, chopped and slightly floured. Bake

from 20 to 25 minutes in a square tin. When done punch full of holes. Pour over a mixture of $\frac{1}{3}$ cup of sugar, 1 egg well beaten, and 1 teaspoon of cinnamon. Dry in a slow oven. This makes 8 servings.

Dom Econ Cake

2 squares chocolate grated	1 cup sugar
$\frac{1}{4}$ cup butter	1 cup flour
$\frac{1}{2}$ cup boiling water	$\frac{3}{4}$ teaspoon soda mixed with
1 egg	$\frac{1}{4}$ cup sour milk

Mix the ingredients in the order in which they are given. The boiling water will melt the chocolate and butter. Do not wait for the mixture of chocolate, butter, and water to cool before adding the other ingredients. The cake batter will be exceedingly thin but must not be thickened. Bake as a loaf cake and frost with twice cooked frosting flavored with chocolate. A delicious variation of this cake is to bake it in 2 layers in a moderate oven, put it together with chocolate filling, and ice it with boiled frosting. If properly baked this cake will be delicious and moist. It can be kept for several days. This makes 6 servings.

Trilbies or Date Cookies

1 cup butter	$\frac{1}{2}$ cup sour milk
1 cup sugar	Date paste or filling:
2 cups flour	1 lb. dates washed, stoned
2 cups rolled oats	and chopped
1 teaspoon baking powder	1 cup water
$\frac{1}{2}$ teaspoon soda	1 teaspoon lemon juice
Cook to a smooth paste	

Cream the butter and sugar; mix the other dry ingredients. Add the flour and milk alternately. Roll thin on a well-floured board. Cut, and cover with the paste. Place another on top and bake in a moderate oven. This makes 60 cookies.

Nut Drop Cakes

1 cup sugar	$\frac{2}{3}$ cup raisins
2 cups sour milk	$\frac{2}{3}$ cup walnut meats
2 tablespoons melted butter	1 teaspoon soda
$\frac{1}{4}$ cup molasses	1 teaspoon salt
$2\frac{1}{2}$ cups flour	1 teaspoon cinnamon
1 teaspoon cloves	

Mix and sift the dry ingredients, add the milk, butter, and molasses, and last of all the nuts and raisins. Drop by small spoonfuls in a greased pan and bake in a moderate oven. This makes 20 cakes.

Apple Sauce Cake

1 cup sugar	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{2}$ cup butterine	1 teaspoon nutmeg
1 cup raisins	$\frac{1}{2}$ teaspoon soda
1 cup apple sauce	2 teaspoons baking powder
$1\frac{1}{2}$ teaspoons cinnamon	2 cups flour

Cream the butterine and sugar together. Sift the dry ingredients together and add alternately with the apple sauce to the creamed butter and sugar. Stir in the raisins dredged with a little of the flour saved out for this purpose. Bake in gem pans in a moderate oven for 15 minutes or in 1 large pan for 25 minutes. This makes 10 cakes.

Morris Cake

1 tablespoon butterine	$\frac{1}{2}$ cup milk
$\frac{3}{4}$ cup sugar	2 cups flour
2 eggs	1 teaspoon vanilla
2 teaspoons baking powder	

Cream the butterine and sugar together, then add the eggs unbeaten and beat them into the creamed butter and sugar. Add a little more than $\frac{1}{2}$ cup of milk

which has been heated but do not stir until after adding the flour. Then beat for about 1 minute. Add the flavoring and the baking powder, stirring just enough to mix thoroughly. Pour the mixture into a greased, floured pan and bake from 15 to 20 minutes; if put into gem pans bake about 15 minutes. This makes 10 servings.

Honey Drop Cakes

$\frac{3}{4}$ cup honey	$1\frac{1}{2}$ cups flour
$\frac{1}{4}$ cup butterine	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ teaspoon cinnamon	2 tablespoons water
$\frac{1}{8}$ teaspoon cloves	1 cup raisins
1 egg	

Heat the honey and butter until the butter melts. While the mixture is warm add the spices. When it is cold add part of the flour, the egg well beaten, the soda dissolved in water, and the raisins. Add enough flour to make a dough that will hold its shape. Drop by spoonfuls on a greased tin and bake in a moderate oven until well browned. This makes 14 cakes.

Yellow Honey Cake

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon cinnamon
2 egg yolks	$\frac{1}{8}$ teaspoon cloves
$\frac{2}{3}$ cup honey	$1\frac{1}{2}$ cups flour

Sift together the flour and the spices. Mix the sugar and egg yolks, add the honey, and then the flour gradually. Roll out thin, moisten the surface with egg white, and mark into small squares. Bake in a moderate oven for 15 minutes. This makes 6 servings.

Honey Cookies

$\frac{2}{3}$ cup sugar	1 teaspoon allspice
$\frac{2}{3}$ cup honey	4 tablespoons finely chopped
$2\frac{1}{2}$ cups flour	candied orange peel
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup walnut meats finely
$1\frac{1}{2}$ teaspoons cinnamon	chopped

Sift together the flour, spices, and soda, and add the other ingredients. Knead thoroughly, roll out thin and cut with a biscuit cutter. These cookies are very hard. This makes 14 cookies.

Honey Bran Cookies No. 1

2 tablespoons butter	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup honey	1 cup bran
2 eggs	$\frac{1}{8}$ teaspoon aniseed
$\frac{1}{4}$ teaspoon soda	

Rub together the butter and honey; add the eggs unbeaten and beat the mixture thoroughly. Sift together the flour, soda, and aniseed. Combine all the ingredients; drop from a teaspoon on a greased pan and bake in a moderate oven 15 minutes. This makes 16 cookies.

Honey Bran Cookies No. 2

3 cups bran	$\frac{1}{4}$ teaspoon ginger
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup honey
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{2}$ cup melted butterine

Mix the sugar, cinnamon, and soda with the bran and add the other ingredients. Drop from a spoon on a greased pan and bake about 15 minutes in a moderate oven. This makes 20 cookies.

Rolled Honey Wafers

$\frac{1}{4}$ cup butterine	$\frac{7}{8}$ cup flour
$\frac{3}{4}$ cup honey	$\frac{1}{4}$ teaspoon cardamon

Mix together the butterine and honey, and add the flour sifted with the spice. Spread out very thin with a broad, long bladed knife or spatula, on a greased, in-

verted dripping pan, or on flat tins. Mark off in 3 inch squares and bake in a slow oven until delicately browned. While warm roll into tubular shape and hold until they cool and if necessary until they harden into shape. This makes 10 wafers.

Hard Honey Cake

$\frac{3}{4}$ cup honey	$\frac{1}{2}$ teaspoon cardamon
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon cloves
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon soda
1 egg	1 tablespoon water
$\frac{1}{4}$ teaspoon ginger	Speck white pepper
1 teaspoon cinnamon	Speck salt
$\frac{1}{2}$ cup blanched almonds chopped	

Sift together the flour and spices, dissolve the soda in the water, beat the egg and combine all the ingredients. Beat or knead the mixture thoroughly. Cook a small sample. If it does not rise sufficiently, add a little more soda and honey; if it falls add a little more flour. Roll out the dough to the thickness of about $\frac{3}{4}$ of an inch and bake in a hot oven. When the cake is done glaze it with a thick syrup of sugar and water and allow it to dry in a slow oven or in some warm place. While it is still warm cut it into long strips. Or it may be left in 1 large cake to be cut into very thin slices when served. This cake will become very hard on cooling and will not be soft enough to eat for several weeks but will keep in good condition for an indefinite length of time.

Soft Honey Cake

$\frac{1}{2}$ cup honey	1 teaspoon soda
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon cinnamon
1 egg	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{2}$ cup sour milk	4 cups flour

Rub the butter and honey together; add the egg well beaten, then the sour milk and the flour sifted with the

soda and spices. Bake in a shallow pan for 15 minutes. This makes 8 servings.

Honey Icing

$\frac{1}{4}$ cup honey
1 cup sugar

$\frac{1}{4}$ cup water
1 egg white

Boil together the sugar and the water for a few minutes and then add the honey, taking precautions to prevent the mixture from boiling over, as it is likely to do. Cook until drops of the syrup keep their form when poured into cold water, or to about 250 degrees F. Beat the egg white until stiff and when the syrup has cooled slightly pour over the egg, beating the mixture continuously until it will hold its shape. This frosting is suitable for use between layers of cake but is rather too soft for the top. It remains in good condition and soft enough to be spread for many weeks and therefore can be made in large quantities for use as needed. After 8 months such icing was found to be in good condition and soft enough to cut.

Frosting

$1\frac{1}{2}$ cups sugar

$\frac{3}{4}$ cup of water
3 egg whites

Boil the sugar and water until the syrup forms a thread when dropped from a spoon. While still hot pour the syrup over the well-beaten egg whites, beating the mixture until it is of the right consistency to spread.

Orange Frosting

1 tablespoon orange juice
1 egg yolk

1 teaspoon lemon juice
Grated rind 1 orange

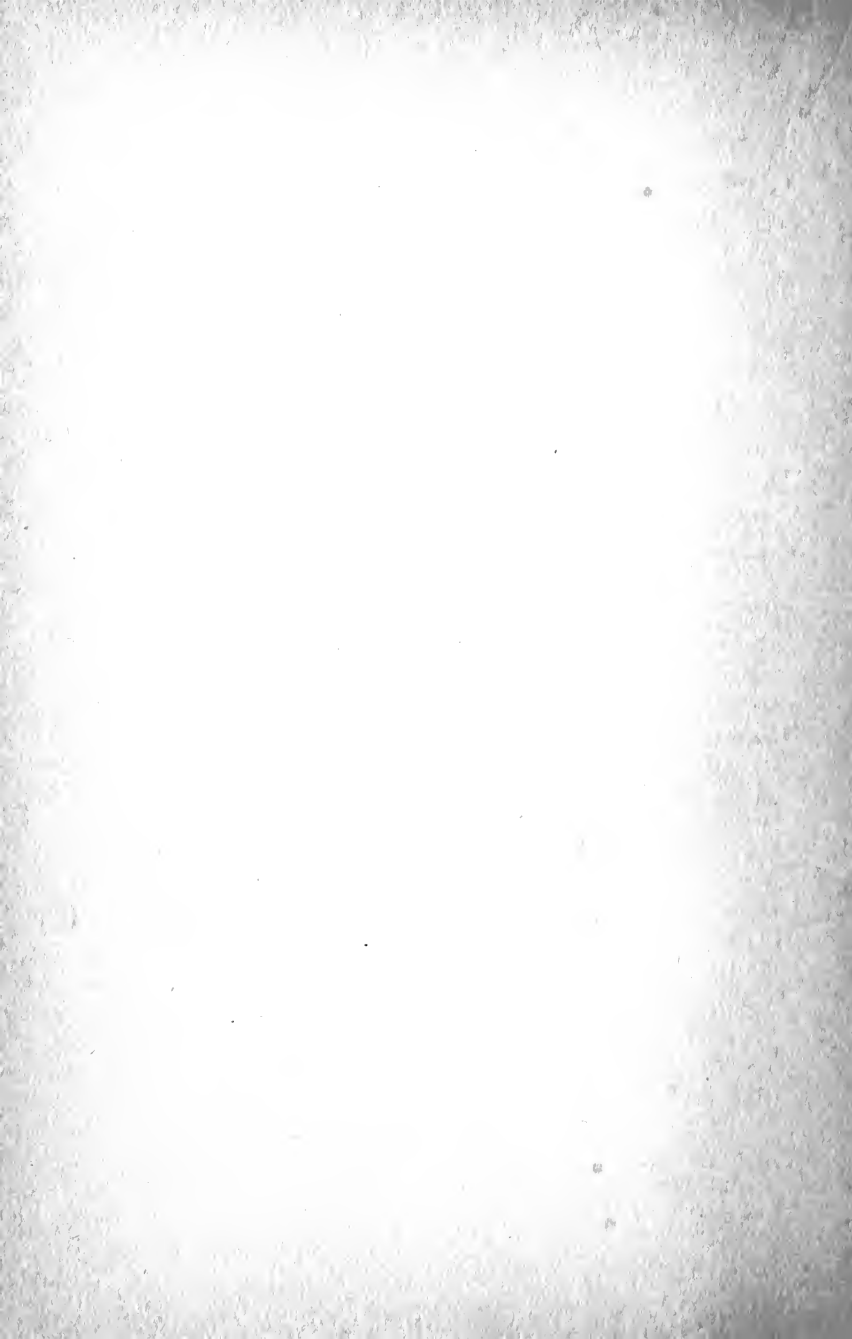
Confectioners' sugar

Mix all the ingredients but the sugar, and allow the mixture to stand for an hour. Strain and add confectioners' sugar until the frosting is sufficiently thick to be spread on the cake.

War Cake

2 tablespoons lard compound	1 teaspoon salt
2 cups hot water	1 teaspoon cinnamon
2 cups brown sugar	$\frac{1}{2}$ cup raisins
2 $\frac{1}{2}$ cups flour	

Boil all the ingredients together with the exception of the flour for 5 minutes. Let stand until cold; then add the flour and 1 teaspoon of soda dissolved in 1 teaspoon of hot water. Put in 2 greased pans and bake in a slow oven for 45 minutes. This makes 12 servings.



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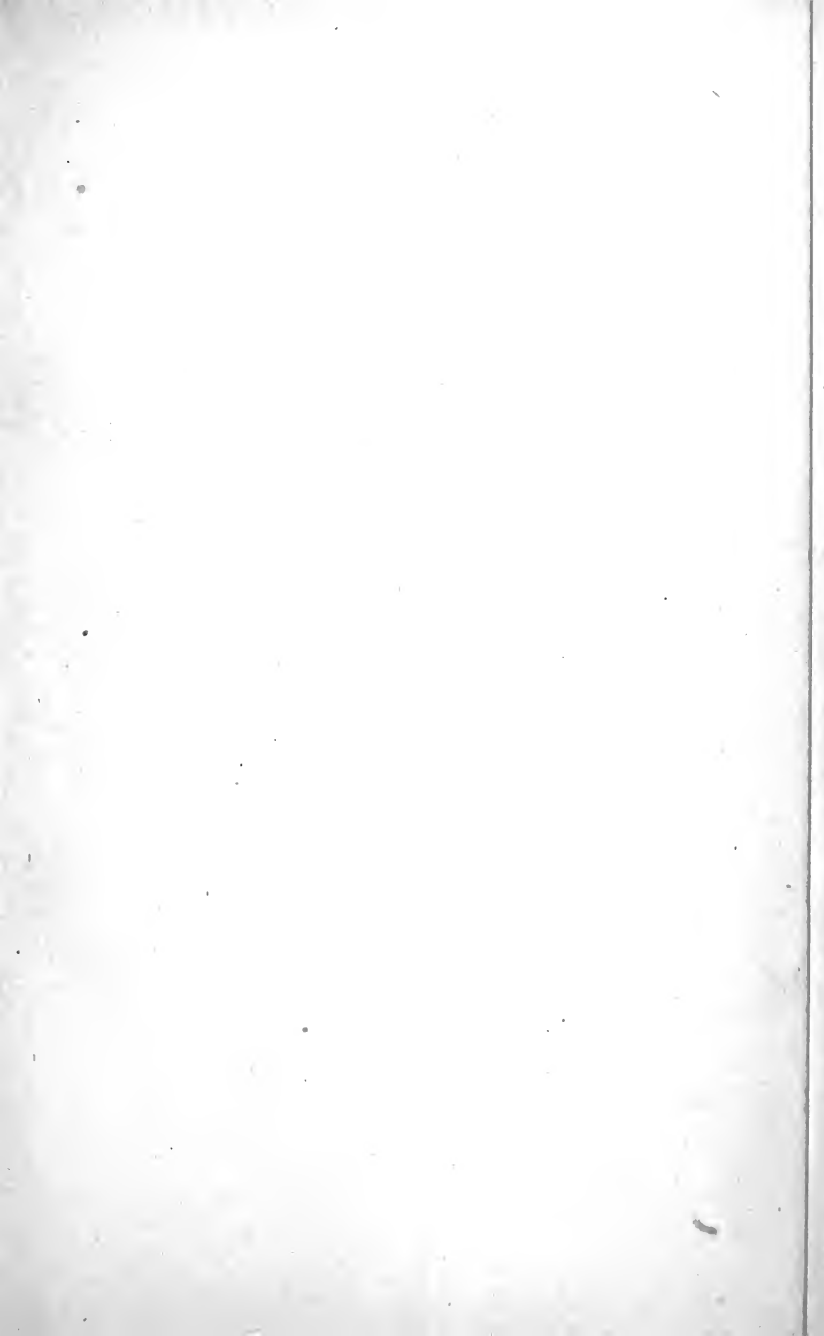
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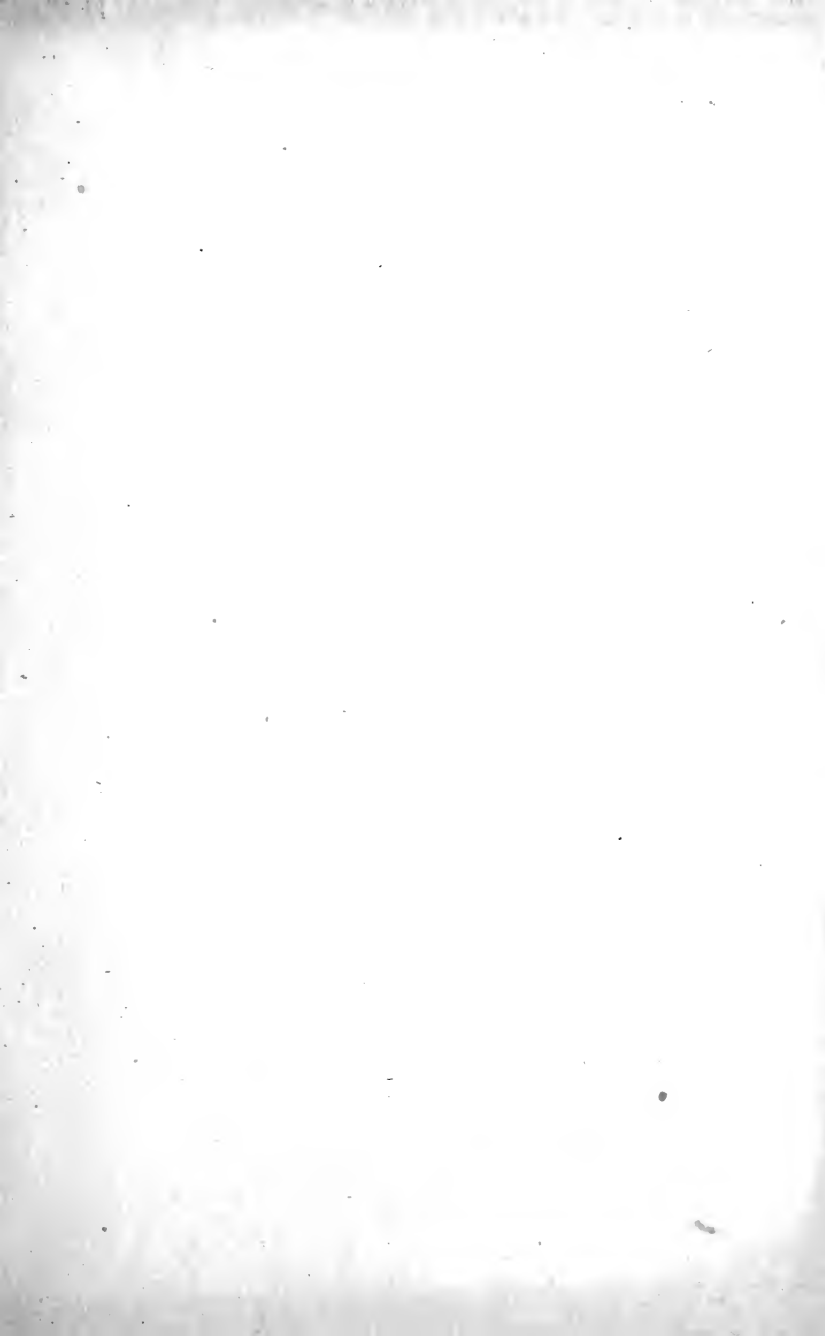
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